

Anglican Young Wives' Group

RECIPE

ROUND-UP

November, 1967

Foreword

It gives me great pleasure to write a foreword to this Recipe Book. The Young Wives of Holy Trinity Church are always very willing to share their baking with those in trouble in the Parish and I feel sure that those who have been helped by them will be able to recommend to all the excellence of the recipes printed herein.

They have compiled this book for the pleasure and profit of the Parochial District of Waiuku and as Vicar I thank you for supporting this fine group in their venture.

BRIAN J. STYCH L. Th.
Vicar.



Compiled by Waiuku Young Wives' Group to raise funds for the new Parish Hall. November, 1967

The Group wish to thank most sincerely the businessmen of Waiuku, without whose advertising support it would just not have been possible to produce this recipe book. We realise that the calls upon them are many, and we feel it is a great commentary on their faith in this community that support is always so readily given.



RECIPE FOR HAPPINESS

Equal parts of healthy honest work, rest and recreation. Mix carefully with diligence, cheerfulness and an even temper. Sift them through the sieve of determination to get rid of any lumps of idleness or despondency. Bring the whole to a cream with the milk of human kindness and spirits of consideration and sympathy, stirring each in gently with an inspiring hand. Add to the whole a light sparkle of smiles and colour with laughter - in season at all times.

Cost: A mere thought and a few illusions. . This mixture can be made at home by anyone.

RECIPE FOR PRESERVING CHILDREN

1 Grass-grown field
Several dogs (and puppies,
if available).

1 Half-dozen children (or more)
1 Brook
Pebbles.

METHOD

Into field pour children and dogs, allowing to mix well. Pour brook over pebbles till slightly frothy. When children are nicely brown cool in warm bath. When dry, serve with milk and fresh baked gingerbread.

Fish Dishes

FISH DISH

Naomi McDonald

Make a White Sauce. Add 1/2 teaspoon Mustard and 2 boiled eggs. Bone fish and put raw in a dish. Cover with a cup of chopped onion. Pour white sauce on top. Melt 2 tablespoons butter and add a cup of fresh breadcrumbs. Place on top of all. Bake in a moderate oven.

FISH CRISPIES

Denise Hay

You require:- Pancake batter using only 1/3 pint of milk, 1 1/2 lb of filleted fish, 1 tspn. Mixed herbs, Seasoned flour, Oil or dripping for deep frying. Make batter. Cut fish into narrow strips and toss in herbs and seasoned flour. Heat oil or dripping in a large frying pan. Coat each piece of fish in batter and place gently in frying pan. Cook several pieces of fish at a time but do not overfill the pan. When fish is brown on both sides, drain. Put into dish and garnish with lemon and parsley.

FISH PIE

Betty Walters

1 lb. cooked and flaked Smoked Fish, 2 lb. cooked Potatoes, 2 oz. butter, 1/2 pint Milk, Salt and Pepper, 1 tab. Flour, 2 tsp. Chopped Parsley, 2 hard-boiled Eggs.

METHOD

Mash potatoes, mixing in 1/2 oz. of butter and a little milk. Season. Melt remaining 1 oz. butter in a saucepan, add flour, gradually add milk, stir till thickened and cook 4-5 minutes. Add parsley chopped eggs and flaked fish. Line dish with remainder of potatoes on top. With knobs of butter. Serve very hot.

MUSSELS WITH RICE

Heather Nash

Serves four.

Cook three cups rice. Fry 3 large onions, finely chopped until tender. Chop into 1/2" cubes. 24 prepared cooked mussels.

METHOD

rice, mussels, and onions, stirring with wooden spoon. Add salt, pepper, pinch cayenne pepper and mixed spice. Cook gently 10 minutes. Serve sprinkled with chopped parsley.

TREVALI IN SWEET AND SOUR SAUCE

Heather Robinson

1 1/2 - 2 lbs. Fish Fillets, (Trevalli.); Salt and Pepper; 1 onion; 2 tab. Oil; 1 tsp. Ginger, (ground); 1 tab. Brown Sugar; 2 tabs. Corn-flour; 1 tab. Soya Sauce; 3 tab. Vinegar; 1 cup Pineapple pieces with juice.

METHOD

1 heaped tab. Flour, 1 tsp. Sugar, 1 sm. tsp. Mustard, Salt and Pepper, $1\frac{1}{2}$ tspn. Baking Soda, 2 tabs. Vinegar, 8 tabs. Water, or 1 cup. 1 dspn. Worcestershire Sauce.

Put into Cold Oven. 2 $1\frac{1}{2}$ hours at 350. Turn down to 275 or 250. when boiled.

BEEF AND ONIONS WITH BEER Heather Nash.

$1\frac{1}{2}$ Blade Steak, (per person), Beer, 1 lb. Onions; Bay Leaf; Thyme; Parsley.

METHOD

Cut steak into cubes, coat with seasoned flour, and brown in fat. When brown, drain off excess fat, add sliced onions and herbs, and beer to barely cover. Simmer for about two hours.

BEEF WITH SOYA SAUCE Heather Nash

1 lb. Blade Steak; 3 tab. Oil; 1 oz. Sugar; 2 tab. Soya Sauce; $\frac{1}{4}$ pint Water, 1 green pepper, 2 sliced Onions, 4 oz. Mushrooms, Salt and Pepper.

METHOD

Cut meat into cubes and brown in oil. Mix sugar, soya sauce and water in a cup. Add $\frac{1}{2}$ this mixture to the meat and stir. Cut the pepper into strips and add with the onions and mushrooms. Simmer about 20 minutes, stir in remaining sauce mixture and salt and pepper. Cook for further 10 minutes. Serve with Rice.

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BEEF STEW WITH DUMPLINGS Marjorie Honey

1 1/2 Stewing Steak; 2 onions; Can Vegetable Soup; Salt and Pepper, 1 cup Hot Water.

METHOD

Cube steak, dust with flour to which salt and pepper have been added. Brown in small amount of fat with cut up onions. Combine vegetable soup with hot water and add to meat and onions. Either simmer in a large saucepan on top of stove or put in casserole in oven at low temperature for about two hours. Add dumplings 20 minutes before serving.

DUMPLINGS

2 cups flour; 1 tspn. salt; 1 tspn. herbs; 4 level tspns. baking powder; 3 tab. butter; 2/3 cup milk.

METHOD

Sift flour, salt and b.p. together. Rub in fat or butter, add milk and herbs. Drop in tablespoon lots on meat stew. Cover tightly and cook twenty minutes. Do not lift lid during cooking period. Makes about eight dumplings.

Beef Stroganoff

Fay Smith

1 1/2 Blade Steak. Cut meat in cubes and brown both sides lightly in pan in little oil. Transfer to casserole dish. Cut up two onions in rings and cook lightly in rest of oil. Place onion over steak. Make a Maggi Mushroom Soup or Cream of Chicken and pour over meat. Cook slowly 1 1/2 hours or till tender. Peas and carrots can be added to this mixture.

Californian Casserole

Nina Crawford.

8 oz. packet medium Noodles; 1 lb. Minced Steak; 3/4 cup chopped onion, 1 lge. can Cr. Corn, 3/4 cup chopped green pepper, 1 lge. can Tomato Soup; 1/4 cup salad oil or butter; 8 oz. Tomato paste; 8 oz. can pitted ripe olives, (or gherkins); 1 1/2 tspn. Salt; 1/4 tsp. Chili Pepper (or Cayenne); 1/8 tsp. Dry Mustard; 1/8 tsp. Black Pepper.

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METHOD

Saute' onion and green pepper in oil or butter, add mince and saute till well browned. Add corn, soup, paste, olives sliced and all seasonings. Add cooked well-drained noodles. Sprinkle top with grated cheese and bake in two quart casserole. (can use two casseroles). at 350, for 45 minute. This makes enough for eight generous servings.

Chicken Chow Mein

Denise Hay

You require:- 1 onion; 4 oz. mushrooms; 1 oz. butter; 6-8 oz cooked Chicken, 2 sticks Celery, 1/2 pint stock; 1 1/2 tab. Soya Sauce; seasoning, 1 tab. Cornflour; 2 tab. water; cooked noodles to serve.

METHOD

Peel and chop the onion, wipe mushrooms and slice, heat butter and saute onion and mushroom, chop chicken, wash and slice the celery, and add both to pan with stock, soya sauce and seasoning. Simmer 10-15 minutes. Blend cornflour with cold water, add to pan. Bring to boil stirring. Cook 1-2 minutes. Serve with noodles. Serves 4.

Meat Dish - Chinese Macaroni Nina Crawford.

4 ozs. Macaroni boiled in salted water; 2 lb. mince fried in two tablespoons of olive or salad oil. Add pepper and salt; 4 tablespoons chopped onions; 1 clove of garlic; 4 medium tomatoes; cook five minutes in electric frypan, stir well and add 1 cup chopped celery; 1 teaspoon Marmite, dissolved in 1 breakfast cup water; 1 tablespoon cornflour and 4 teaspoons Worcestershire Sauce. Add macaroni and chopped bacon and heat slowly with lid on.



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Meat Curry

Betty Cassidy

1 lb. Mince; 2 large apples; 2 large onions; 1 teas. marmite; pinch mixed herbs; 1 teas. salt; 1 tablespoon tomato sauce; 1 tablespoon curry; 2 carrots.

METHOD

Put mince and diced vegetables and seasonings into a saucepan, cover with water and simmer till vegetables are tender. Thicken with tablespoon flour mixed in $\frac{3}{4}$ cup water.

Chappattis to Eat with Curry

Betty Cassidy

8 ozs. wholemeal flour; 1 teas. salt; $\frac{1}{2}$ pint cold water, 2 ozs. melted butter.

METHOD

Mix all to a fairly stiff dough. Knead well. Take walnut size pieces and form into balls. Roll balls out to thin wafers. Cook on hot butter element. Serve hot with curry and use for spoons.

Grilled Chops with Grilled Pineapple and Sweet and Sour Sauce

Betty Cassidy.

4 pork chops; salt and pepper; 1 tab. melted butter; 4 tinned pineapple rings; 1 oz. brown sugar; 2 tspn. cornflour; 2 tab. cold water (may need more); juice from pineapple; 1 tab. vinegar.

METHOD

Sprinkle chops with salt and pepper, place in baking tray under grill. When brown turn and add pineapple rings sprinkled with brown sugar. Grill until chops are cooked through.

Prepare sauce:- Melt butter in saucepan, mix in cornflour remove from heat, add juice, water, vinegar, and brown sugar. Return to heat till sauce thickens. Do not boil. Pour hot over meat.

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Fay Smith

1 onion (chopped), 1 lb. mince steak; 2 oz. butter; 3 cups water; 1 pkt. chicken noodle soup; 1 dspn. curry powder; 1 tspn. Mixed Herbs; 3 dspns. rice (uncooked); 1/2 cabbage, (sliced finely); 1/2 lb. beans (frozen or fresh); 1/2 teaspn. salt, 1/4 teaspn. pepper; 3 stems of chopped celery.

METHOD

Brown onion and mince in butter, add remaining ingredients. Cook with lid on pan, stirring occasionally for approximately forty minutes. Serve with rice.

Meat Balls in Spicy Sauce

Joy Marshall

2 ozs. butter; 1 lb. minced steak; 1/2 cup breadcrumbs; 6 large onions; 1 egg; 1 sm. tin tomato soup.

METHOD

Pinch each of: salt and pepper, paprika and mixed spice. Put meat into bowl with breadcrumbs and seasonings. Break egg over and mix thoroughly. Shape into small balls, roll in flour and brown in frypan. While meatballs are browning cut up onions and cook gently in 2 oz. butter. Put meatballs in casserole cover with onions and pour over tomato soup, if necessary add sufficient water to barely cover. Simmer 2 1/2 - 3 hours at 350. Serve with fluffy boiled rice.

Meat Roll

Maureen Day

1 lb. beef minced; 1 teas. salt; 1/2 lb. bacon; pepper; 1 cup breadcrumbs, 1 egg, 1 teas. salt, pepper, 1 teas. nutmeg.

Mix all well together and roll on floured board. Tie in cloth and boil two hours. Leave in cloth until cold.

Mince Casserole

Mary Otter

1 lb mince, 1 cup water, 1 cup grated cheese, 1 pkt. mushroom soup, slices of crustless bread. Spread mince in casserole dish, breaking it up well with fork. Mix soup and water. Pour over mince. (You can cook the mince, soup, water, first if you wish). Sprinkle bread slices thickly with cheese. Bake uncovered, 350 deg. for one hour, if mince hasn't been cooked.

Mock Goose

Ann Motion

1 lb. lambs fry; 1/2 tsp. mixed herbs; 4 rashers bacon, small pinch sage; 2 large onions; salt and pepper; 1 large tomato, potatoes.

METHOD

Soak fry in salt and water, cut out any skin, then cut into slices, dip in flour and fry lightly, not brown. Fry finely sliced onion, also tomato and bacon cut in pieces. Remove all from the pan and make a thick gravy. In a casserole put a layer of fry, then bacon, onion and tomatoes with herbs, salt and pepper. Repeat layers then add gravy. The potatoes having been boiled for a few minutes are cut and placed on top.

Norwegian Meat-Balls

Nina Crawford.

1 lb. mince; 1 teaspoon salt; 1/4 lb. minced bacon; 1 teaspoon sugar; 1/2 cup milk; 1 large onion; 1/2 cup breadcrumbs; 1 egg; 1/4 teaspoon pepper; 1/4 teaspoon allspice; 1/4 teaspoon Gr. ginger; 1/4 teaspoon nutmeg.

METHOD

Mix all ingredients together and shape into balls. Brown these in hot fat, then put them in a casserole dish with some gravy. Cover and bake one hour in 350 deg. F. oven.

Poor Man's Roast

Joy Marshall

1 lb. mince, 1 teas. herbs; 1 onion; 2 tab. dripping; 1 cup breadcrumbs; salt and pepper; 1 cup flour.

METHOD

Mix mince, flour and salt and pepper together, than roll out as for scone dough. Mix breadcrumbs; herbs; dripping; onion and sprinkling of salt and pepper together, and spread on mince mixture. Roll up like sponge roll and bake 1/2 - 3/4 hour in moderate oven. To prevent a crust on top of roll put a butter paper or rashers of bacon on top. Delicious served hot or cold.

Pork Chop Casserole (4)

Pat McDonald

6 Pork Chops; 1/4 pint cream, (soured with a little vinegar); juice of lemon; good pinch of thyme; 2 teaspn. sugar, salt and pepper, flour.

METHOD

Trim chops and melt the surplus fat. Rub chops in flour, pepper and salt and fry lightly in fat on both sides. Transfer to casseroles, add sour cream, lemon juice, sugar, thyme and enough water to cover chops. Cook in moderate oven for 1 to 1 1/2 hours.

Pork Chow Mein

Nina Crawford.

1 lb. lean pork; 3 cups shredded celery; small pkt. peas; 2 tab. oil; small pkt. beans; 1 pint stock; 1 green pepper; 1 tab. soy sauce; 1/3 cup of cornflour.

METHOD

Dice meat into small cubes and brown in oil. Add onion, then add stock (or water) and simmer for thirty minutes. Add vegetables and cook further fifteen minutes. Add salt and pepper. Thicken soy sauce with cornflour. Serve with boiled rice. Serves 4.

Sweet and Sour Pork

Heather Nash

1 1/2 lbs. lean pork cubes; 2 tab. fat or oil; 1/4 cup water; 1 sm. tin pineapple; 1/4 cup brown sugar; 1/4 cup vinegar; 2 tab. cornflour; 1 sliced onion; 1 tab. soya sauce; 1 teaspoon salt.

Brown pork and onions slowly in frypan. Add water, cover, simmer 3/4 hour. Drain pineapple reserving syrup. Combine brown sugar, syrup

cornflour, vinegar, soya sauce and salt. Cook over low heat until thick, stirring constantly. (add more water if too thick).

Pour over hot pork and add a few cubes of pineapple. Serve with rice, or fried noodles.

Tasty Meat Balls

Marjorie Honey

Mix together: - 1/2 cup uncooked rice. 1 lb. Minced steak, 1/2 teas. salt, dash pepper.

Shape into firm balls. Place in a baking dish. Heat in a pan:- 3 tab. butter. Saute for five minutes. 2 tab. chopped celery, 2 tab. chopped onion, 2 tab. chopped green pepper (optional). Place in a baking dish with meat balls and add 1 pkt. tomato soup, 3 cups water. Cover and cook at 350 deg. F. for about 1 1/2 hours.

Meat Loaf

June Stych

2 lbs. Mince, 1/4 cup finely chopped onion; 2 teapns salt; 1/4 tspn dried herbs; 2 eggs; 1/2 cup breadcrumbs; 1/2 cup liquid.

METHOD

Mix ingredients together thoroughly. Bake in loaf tin in moderate oven 350 for 1 1/2 hours or till loaf shrinks slightly from sides of pan. Baste occasionally with liquid made from stock and little butter or a little wine. Serve hot or cold in slices.

Tomato Mince Casserole

June. Stych

Divide 1 lb. mince and press half into casserole. Make one cup stuffing with breadcrumbs, dried herbs and egg or with package stuffing. Press rest of mince on top and pour small tin of tomato soup on top of mince. Cook with lid on in slow oven 2-3 hours.

Meat Loaf

Mary Thomassen.

1 lb. mince; 1 lb. sausage meat; 1 cup breadcrumbs; salt and pepper to taste; 1 large finely chopped onion; 1 beaten egg; a dash of Worcestershire sauce,

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METHOD

Mix all together, put in basin with lid, steam for 1 hour in pressure cooker or two hours in saucepan. This recipe may be halved for smaller quantities.

Savoury & Luncheon Dishes

Apple Savoury Tart

June Stych

Stew together till soft, two large apples and 1 large onion, then cool. Line sandwich tin with short or flaky pastry. Spread apple and onion mixture over pastry, add layer of grated cheese, then pour over a custard made from two eggs, a cup of milk and salt and pepper to taste. Bake in hot oven, 10 minutes then reduce heat to medium until custard sets.

Bacon Kebabs

Denise Hay

You require:- $\frac{1}{2}$ lb. streaky bacon; 1 tab. brown sugar, pinch of dry mustard, pinch of mixed herbs; $\frac{1}{2}$ crushed clove of garlic, 4 tomatoes $\frac{1}{4}$ lb. mushrooms.

METHOD

Mix sugar, mustard, herbs, garlic and a little pepper. Spread a little over each rasher. Cut in half and roll up. Thread bacon rolls, halved tomatoes and wiped mushrooms on skewers, brush with oil, sprinkle with salt and pepper. Place on oiled grill rack and cook under medium grill for 8 - 10 minutes turning occasionally. Serves 4.



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8oz. short pastry
2 onions peeled and sliced
4 large tomatoes
peeled and sliced

3oz. grated Chesdale
Salt and pepper
Beaten egg or milk
Cooking time, about 45 minutes

1. Line an 8-inch pie plate with rather more than half the pastry, roll out the rest for lid. 2. Cook onions in boiling salted water till tender, drain well. 3. Fill pastry case with layers of onion rings, tomato slices and Chesdale, seasoning lightly between the layers. 4. Damp pastry edges and cover with the lid, pressing edges well together. Flute with thumb and finger. 5. Brush over with egg or milk and bake about 40 minutes in a moderately hot oven.

Carrot Cheese Flan

Denise Hay

For Pastry:- 6 ozs. plain flour; pinch of pepper; salt and mustard; 3 ozs. margarine, 1 oz. grated cheese, water to mix.

For filling:- 3/4 lb. carrots, 1oz. butter, 1 oz. flour, 1/4 pint milk, 3 oz. grated cheese, seasoning, 1 egg.

METHOD

Pastry:- Sieve flour, mustard and seasoning, rub in margarine, stir in cheese and enough water to give a firm rolling consistency. Roll out to 1/4" thickness and line 9" flan ring or tin. Bake 'blind' in centre of oven 425., for 15 min. Remove weight off pastry and bake further 10 min.

Filling: Simmer peeled sliced carrots, till tender. Drain, reserving 1/4 pint of stock. Make sauce with butter, flour, milk and carrot stock. When thick add cheese and egg. Pour into pastry case. Arrange carrots over top of this and reheat if necessary. Garnish with parsley.

Cheese and Corn Casserole

June Stych

1 small tin creamed corn; 2 eggs well-beaten, 1/2 cup milk, salt and pepper, 1/2 cup breadcrumbs, butter; 1 cup grated cheese.

METHOD

Mix all ingredients together except cheese. Turn into buttered ovenware dish. Cover top with grated cheese. Sprinkle with additional bread-crumbs and dot with butter. Bake in moderate oven for about 35 minutes.

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Cheese Fondu

June Stych

1 pint hot milk; 1 tab. butter; 2 cups breadcrumbs; 2 cups grated cheese; 4 eggs (separated) salt and pepper.

METHOD

Pour hot milk over breadcrumbs, stir in butter, cheese, salt and pepper and beaten egg yolks. Fold in stiffly beaten egg whites. Turn into buttered ovenware dish and sprinkle with a little extra cheese. Bake in moderate oven for about 3/4 hour till set and browned.

Dog on the Doormat

Ena Bell.

Cut a thick slice of bread for each person and cover with generous slices of cheese, put these under the griller and cook till cheese has melted and bread crisp and brown. At the same time have either sausages or saveloys boiling and when ready remove from stove and skin. Split down the middle but not right through & pour tomato sauce into each split. Place a rasher of bacon on each piece of cheese toast and in the centre one of the sausages. Grate more cheese over all and return to the griller to cook the bacon.

French Cheese Sandwiches

Denise Hay

You require:- 8 thin slices of bread, 4 slices of ham, 4 large slices of cheese; 1 or 2 eggs.

METHOD

Sandwich slices of bread together with slice of ham and one of cheese. Cut each one in half. Lightly beat eggs and dip each sandwich in and coat well both sides. Fry in hot fat until both sides are golden. Serve immediately. Serves 4.

Ham-Rice Bake

Nina Crawford

2 cups cubed, cooked or canned ham; 2 cups cooked rice; 1/2 cup shredded sharp cheese; 1/2 cup evaporated milk or light cream;

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1 can condensed cream of asparagus soup; 2-4 tbsp. finely chopped onion; 3/4 cup corn flakes, slightly crushed; 3 tbsp. butter, melted; hot buttered asparagus.

METHOD

Combine ham, rice, cheese, asparagus, milk, soup and onion. Spoon into a 1 1/2 quart casserole. Mix cornflakes with melted butter; sprinkle over casserole. Bake uncovered in a moderate oven (375 deg.) for 20 - 25 minutes or until heated through and top is lightly browned. Top with asparagus spears and parsley.

Hamburger Pie

June Stych

8 oz. short pastry; 1 chopped onion; 1 dspn. Worcestershire sauce; 1 dspn. tomato sauce; 1 dspn chutney or pickle; 1 1/2 lb. mince; salt and pepper; egg to bind.

METHOD

Mix filling together and place in pie shell. Cover with pastry and cook in hot oven 15 minutes. Moderate oven 35-40 minutes.

Joe Mazotti Meat Dish

Nina Crawford.

1/4 cup butter; 1 1/2 lb. lean pork cut; 8 large onions sliced; 2 16 oz. cans tomato soup; 2 cups water; 1 lb. sliced mushrooms; 2 cups celery diced; 2 green peppers; juice of half a lemon; 1 lb. tasty cheese; 1 pkt. broad noodles.

METHOD

Melt butter, add pork and onion and cook until well browned. Add all other ingredients and cook about fifteen minutes. Cook noodles in boiling salted water. Drain well and mix with the sauce. Place in well buttered casserole. Bake about one hour in 350 oven. This is a very good buffet dish. Serves about 12-16 people.

Meat Luncheon

A nn Motion.

2 cups chopped cooked meat; 1 small onion, 1 cup cooked rice; 2 cups stewed tomatoes, 1/2 tsp. curry powder, 1/2 cup gravy, 1/4 cup grated cheese, salt and pepper.

METHOD

Mix all ingredients except cheese. Pour into large casserole, sprinkle with cheese. Bake 40 minutes in a moderate oven.

Potato Cake

Nina Crawford

Butter a pldish. Peel and cut some potatoes very thinly and finally mince some onions, keeping vegetables as dry as possible. Put a layer of potatoes in dish, arranging each slice to overlap the other until the bottom of the dish is covered. Add a thin layer of minced onion season with salt and pepper and dot with a little butter then add a layer of grated cheese. Repeat these layers until dish is full, pressing each layer down firmly. Bake in moderate oven 1 hour then turn out and cut in wedge-like slices.

Savoury Eggs

Denise Hay.

6 eggs; 3 tab. milk; salt and pepper; 2 oz. grated cheese, 1 tab. chopped parsley, 1 1/2 oz. butter, 4 rounds of buttered toast.

METHOD

Beat eggs with milk and seasonings. Stir in cheese and parsley. Heat over low heat. When cooked pile the mixture on buttered toast.

Savoury Roll

June Stych

8 oz. short pastry, rolled into oblong. Leftover meat or bacon or two teas. Maggi Chicken or Beef Stock. Mashed potatoes; finely chopped small onion.

METHOD

Spread mashed potatoes and meat, bacon or stock on pastry and then sprinkle chopped onion over it. Roll up into log and wrap in waxed paper and leave in refrigerator for two hours. Cut into slices, 1/2" thick and cook in hot oven till brown - about 20 minutes.

Savoury Sausage Roll

Alma Udy

2 lbs. sausages or sausage meat; 1 cup grated apple; 1 cup bread-crumbs; 1 small onion; 1/2 cup grated cheese, 1 teaspoon curry powder; 1 teaspn. sugar; 1/2 teasn salt shake of pepper; a little finely mixed herbs; 1 egg.

METHOD

Skin the sausages and mix together to make a smooth paste. Place between two sheets of wax paper and roll out to 1/2" thick. Mix all the other ingredients together and spread on the sausage meat. Roll up as for a sponge roll, using the wax paper left underneath the meat to help. Wrap the roll completely in a sheet of aluminium foil and place in a lightly greased baking dish. This is a big roll so choose rather a large dish. Bake for 1 hour at 350. Turn occasionally during cooking. Serve either hot or cold garnished with chopped parsley and tomato wedges. About ten servings.

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Scandinavian Cabbage Pie

Denise Hay

You require: 1 firm small cabbage; 3 ozs. butter; 10 ozs. flaky pastry, seasoning, 6 ozs. grated cheese, egg or milk to glaze.

METHOD

Shred cabbage and toss in melted butter for a few minutes over a low heat. Roll out half pastry and line shallow pie dish. Fill lined pie-dish with layers of well seasoned cabbage and cheese. Cover with remaining pastry. Glaze and bake in centre of oven at 425 for 25 - 30 minutes until crisp and brown.

Spaghetti Dish

Naomi McDonald.

1 lb. minced steak, fry very brown; add:- 1 teas. ginger, dash cayenne pepper; 1 teas. Allspice; 1/4 teas. chilli powder, salt and pepper.

METHOD

When cooked add medium tin of tomato soup - make mixture like fairly thick gravy. Serve with packet of long spaghetti and grated cheese.

Vegetable Curry

Betty Cassidy

3 large potatoes diced, 2 chopped onions, 1/4 cabbage shredded, 1/4 large cauliflower separated into small stalks; 2 chopped tomatoes; 1 teas. salt; 1/4 lb. butter; 1 tablespoon flour.

METHOD

Melt butter in saucepan. Add potatoes and fry till softening. Add onions and fry till clear. Add cabbage, cauliflower and tomatoes and fry, constantly stirring to prevent burning. When the vegetables are softening but not quite cooked add curry powder and 1/2 pint water. Thicken with flour and simmer till the vegetables are cooked.

Puddings -- Cold

Chocolate Bombs

Nina Crawford

1 1/2 tsp gelatine; 1 cup milk; 2 tbsp cocoa; 1 pint cream; 1 cup cold water; 1 1/2 cups sugar; vanilla.

METHOD

Soak gelatine in cold water. Stir and bring to boiling point (in double boiler) milk, sugar and cocoa. Add to mixture of gelatine, cool and add vanilla. Chill until nearly set and add 1 pint of whipped cream and freeze.

Chocolate Souffle

Mary Thomassen

Chill a tin of Ideal milk, 1 large cup milk; 3/4 cup cold water; 1 small cup sugar; 2 tbsp cocoa; 3 level tsp gelatine.

METHOD

Mix ingredients and bring to boil. Cool. Whip tin of milk until thick and add to cooled mixture. Leave to set.

Golden Pudding

Heather Robinson

2 dsp gelatine; 1/2 cup fruit juice; 2 eggs; 1/2 cup hot water; (or cold water); 1 cup sugar.

METHOD

Dissolve gelatine in hot water and add fruit juice. Pour this mixture over 2 unbeaten egg whites. Beat well, then add the sugar and beat till thick. Add the yolks and leave to set. This pudding will set in 5 minutes.

Ice Cream

Naomi McDonald

1/2 pint cream; 1/2 pint milk; 1 tsp. rennet; 1/2 cup sugar; 1 tsp vanilla.

METHOD

Mix together, beat a little and pour into trays and partly freeze. Beat again, refreeze, then serve.

Jamaican Dessert

Denise Hay

2 tsp coffee powder; 1 tbsp hot water; 3 tbsp golden syrup; block of ice cream; small can of pineapple rings.

METHOD

Dissolve coffee in water and add syrup. Heat gently. Drain pineapple and cut rings in half. Slice ice cream into required amount of servings and place 1/2 slice of pineapple on each side. Pour sauce over and serve.

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Lemon Chiffon Pie

Nancy McInnes

BISCUIT MIXTURE

10 oz. biscuit crumbs; 4 level tbsp br. sugar; 6 oz. butter; 2 tsp cinnamon.

METHOD

Melt butter, sugar and cinnamon; add biscuit crumbs and mix well. Press firmly into swiss roll tin and set in fridge about 1 hour.

TOPPING

4 eggs; 1/2 cup sugar; juice and rind of 2 small or 1 lge lemon.

METHOD

Separate yolks from whites, beat yolks with sugar, add lemon juice and rind and cook slowly until thick, add 1 tbsp gelatine dissolved in 1/4 cup cold water. Then add egg whites which have been evenly blended with 1/2 cup sugar, spread over biscuit mixture and set in fridge. Then spread with whipped cream.

Lemon Cream Tart

Ann Motion

BISCUIT MIXTURE

6 tbsp butter; 1 tsp nutmeg; salt; 1/2 lb plain sweet biscuit crumbs; 1/2 tbsp cinnamon.

METHOD

Melt butter and mix all ingredients together. Press mixture into a greased pie plate. Bake at 375 deg. for 10-15 mins. Allow to cool.

FILLING

1 tin condensed milk; 3/4 cup lemon juice; 1 1/2 tbsp finely grated lemon rind; 1 dsp finely grated orange rind; 1/2 pint whipped cream.

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METHOD

Combine first four ingredients, mix well and allow to stand until thickened - about 15 minutes. Fold through whipped cream and put in crust. Sprinkle with reserved crumb mixture or chopped nuts. Chill thoroughly before serving.

Lemon Tart

Ena Bell

16 Arrowroot biscuits; 1/4 lb butter; 1 tin sweetened condensed milk; 3 lemons; 2 dsp sugar; 3 eggs

METHOD

Crush biscuits with a rolling pin; melt butter, then add crushed biscuits and press into a tart plate. Mix the condensed milk with the juice and grated rind of the lemons, and then add the beaten yolks, and stir over low heat till it thickens, then spread over the biscuits. Beat the whites and sugar till thick, and spread on top and bake in moderate oven till brown.

Moonshine Pudding

Noeline Allcock

1 tin pineapple chunks; 1 pint custard; 1 strawberry jelly; cherries; a little coconut; vanilla; whipped cream.

METHOD

Put pineapple in dish and make the jelly using the pineapple juice, made up to the right amount with water, pour over the pineapple and leave to set. Then pour over the custard and leave to cool. Before serving arrange whipped cream on top. Sprinkle with coconut and cherries.

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Party Peach Trifle (for 8 people)

Nina Crawford

8 oz. sponge cake; 15 oz sliced peaches; 4 level tbsp custard powder; 2 pints milk; the finely grated rind and juice of 1 orange; 2 oz castor sugar, or to taste.

METHOD

Break the sponge into not too small pieces and put them into the base of a glass dish. Keep aside six peach slices for the decoration, cut the rest in half and mix them with the sponge. Add just enough of the peach juice to moisten the sponge, then sprinkle with the orange juice. Blend the custard powder with a little of the measured milk to make a thin cream. Heat the rest of the milk and when it is hot, pour it over the blended custard, return it to the pan and bring to the boil stirring all the time. Sweeten the custard, add the orange rind, then pour it over the sponge and leave it to get cold.

Passionfruit Mellow Pie

Noeline Allcock

PASTRY

4 oz flour; 1/2 tsp baking powder; 1 oz custard powder; 2 tbsp milk; pinch salt; 2 tbsp sugar; 3 oz butter.

METHOD

Sift dry ingredients into basin, rub in butter, mix to a dough with milk. Line 9 inch pie dish and flute edges. Bake 15-20 minutes at 400 deg. F. Cool.

FILLING

2 oz. butter; 1/2 cup sugar; 4 tbsp passionfruit pulp; 3/4 cup water; 2 dsp cornflour; 1/4 cup lemon juice; 1 egg yolk.

METHOD

Place butter, sugar, water, cornflour (which has been blended with

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the lemon juice); in saucepan, stir over low heat till it boils. Add pulp, continue stirring and simmer 3 minutes. Remove and add beaten egg yolk. Cool and pour into case.

MARSHMALLOW

1/2 cup hot water; 1 tsp gelatine; 1 egg white; 1/2 cup castor sugar; 1 tsp lemon juice; extra passionfruit.

METHOD

Dissolve gelatine in hot water, cool and add lemon juice. Beat egg white stiff and gradually add gelatine mixture, then sugar. Beat till thick spread extra pulp on top and leave to chill.

Pavlova

A nn Motion

6 egg whites; 2 1/2 cups sugar; vanilla; 6 tbsp boiling water; 1 dsp vinegar; 1 dsp cornflour.

METHOD

Put all ingredients in together and beat approximately twenty minutes with electric beater. Put on slide covered with wet greaseproof paper and put in oven at 375 deg. Turn oven off and leave till cold or at least for two hours.

Pineapple Chiffon Pie

H eather Nash

METHOD

Make a crushed biscuit pie-shell using, Malt meal biscuits, mixed spice, icing sugar, melted butter, Press into pie dish and chill.

FILLING

Soak 1 tbsp gelatine in 1/4 cup water. Combine 1 dsp lemon juice, 1 cup pineapple syrup, 2 egg yolks; 1/4 cup sugar. Cook until thick. Add gelatine and cool. Fold in 2 stiffly beaten egg whites, and 1 cup pineapple cubes when half set. Pile into prepared pie shell.

Pineapple Flummery

A nn Motion

1/2 cup sugar; 1 tin crushed pineapple; 2 dps gelatine; juice 1 lemon; 1 cup milk; 2 egg yolks; 1/2 cup boiling water.

METHOD

Beat sugar; egg yolks; milk and lemon. Add pineapple and gelatine dissolved in boiling water. Lastly add stiffly beaten egg yolks. Leave in cool place to set.

Pineapple Refrigerator Pie

M arjorie Honey

SHORTCAKE

4 oz. butter; 1 egg; 1 tsp baking powder; 1 small cup sugar; 1 1/2 cups flour.

METHOD

Cream butter and sugar, add egg, beat well, then add sifted flour and baking powder. Roll out or press in dish. Cook, then cool in fridge. Set a pineapple jelly with 1/2 cup boiling water and make up rest of liquid with pineapple juice. When half set, beat in a pint carton of ice-cream. Pour into a chilled pie shell and set in fridge. Decorate with pineapple pieces and whipped cream.

Pineapple Surprise

6 servings.

Heather Robinson

1 small tin pineapple; 2 cups syrup and water; 1/2 tsp vanilla; 2 tbsp sugar; 1 tbsp gelatine; 2 eggs; 1 cup milk.

METHOD

Put pineapple pieces in dish. Dissolve gelatine in syrup and water and 1 tbsp sugar. Leave till partly set. Beat whites of eggs and beat in jelly. Make custard of egg yolks, milk, sugar, vanilla and cool. Pour custard over pineapple and pile snow on top. Decorate with cream or pineapple.

Spanish Cream

Ann von Sturmer

1oz. gelatine; 3 eggs; 1/2 tsp vanilla essence; 3 oz sugar; 1 quart milk.

METHOD

Soak the gelatine in some of the milk, add the beaten yolks of eggs, heat the remaining milk and pour over. Stir on the stove

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until it starts to thicken, but it must not boil. Cool slightly, and add vanilla and stiffly whipped whites. Turn into a wetted mould and allow to set.

Strawberry Glace' Tarts

Ann Motion

METHOD

Divide 2 cups of fresh strawberries into cooled, baked tart shells (prepared from your usual tart recipe). Simmer 1 cup of strawberries and $\frac{3}{4}$ cup water in saucepan about 3-4 minutes. Combine 3 tbsp cornflour, 1 cup sugar and add to cooked fruit. Cook until

syrup is thick and clear, stirring constantly, add 1 tspn lemon juice, cool slightly, then pour over berries in tart shells. Chill thoroughly. Top with sweetened whipped cream before serving.

Puddings -- Hot

Adam's Apple

Joy Marshall

$\frac{1}{2}$ lb apple pulp or minced raw apples; $\frac{1}{2}$ pint milk; 1 cup breadcrumbs; 1 egg; 1 cup sugar.

METHOD

Boil milk and pour over breadcrumbs, stand for $\frac{1}{2}$ an hour. Add yolk of egg and sugar to apples. Beat all well together and bake in oven till golden brown. Beat egg whites with 2 tablespoons sugar until stiff, spread over pudding and return to oven till pale golden. This is a good way to use up stale bread and is a change from bread and butter pudding.

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Apple Crumble Pudding

Ena Bell

Apples; 1 cup flour; 1 tsp baking powder; 1/4 cup sugar; 1/4 lb butter pinch of salt; 1/4 cup coconut.

METHOD

Stew required number of apples and while cooking make this topping.

TOPPING

Mix flour and butter till as fine as breadcrumbs, and baking powder and salt. Then add sugar and coconut and mix all together. Put cooked apples in pyrex dish or plate and spread dry mixture evenly on top. Bake in a moderate oven till brown. May be served either hot or cold.

Apple Fritters

Betty Cassidy

4 oz flour; 1 tsp baking powder; 1 egg; salt; milk to mix; 2 hard apples.

METHOD

Mix ingredients together and add apple chopped small. Make batter to consistency of heavy cream. Deep fry in tablespoonfuls.

Apples Slices

Nancy McInnes

8 medium sized apples; 1 cup sugar; 1/2 tsp vanilla; 1 tbsp flour;

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METHOD

Peel and slice apples and mix with flour, sugar and vanilla.

PASTRY

2 cups flour; $\frac{3}{4}$ cup butter; 1-2 tbsp water; 2 eggs; 1 tbsp lemon juice;

METHOD

Mix flour and a little salt, add eggs, cut in butter, sprinkle with lemon juice and water and mix until flour is just moistened. Form two balls, roll one and line tin, add apple mixture and cover the rest of pastry. Bake in hot oven for about 30 minutes. This is a very large pie, but half the mixture makes an average-sized pie.

Apple Sponge

Kate Raumati

6 or 8 apples; 2 oz sugar; 1 cup flour; 1 egg; $\frac{1}{4}$ cup sugar; 2 tbsp water; $\frac{1}{4}$ cup milk; about $\frac{1}{2}$ cup water; 2 tsp baking powder/3 tbsp butter.

METHOD

Prepare fruit and stir with sugar and water. Beat together the egg, sugar and water. Add sifted flour and baking powder, then milk, add melted butter and mix well. Spread over hot fruit and bake 20-30 minutes in a moderate oven.

Apple Stroudle

Noeline Allcock

METHOD

Roll out sweet crust pastry very thin. Dot with butter and then sprinkle the following over it:-

2 cups toasted breadcrumbs; 7 apples (coarsely grated); $\frac{1}{2}$ cup raisins.

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Then cover with the following mixed together:- 1 1/2 cups castor sugar; 1 tsp mixed spice; 1 tsp nutmeg; 1 tsp vanilla.

Roll up like swiss roll and shape like a horseshoe. Paint with milk and sprinkle with sugar. Bake 3/4 hour at 350 deg.

Baked Apple Cream

Joy Marshall

2 eggs; 1 cup heated milk; 1 cup apple pulp; 2 tbsp sugar;

METHOD

Mix together egg yolks, milk and half of sugar. Pour into oven-proof dish. Whip the egg whites stiffly and add remaining sugar and apple pulp. Pile in centre of custard and bake at 250 deg. until custard is set.

Baked Chocolate Pudding

Noeline Vaughan

1/4 lb butter; 1 tbsp cocoa; 1 cup flour; vanilla essence; 1/2 cup sugar; 1 tsp Baking powder; 2 eggs.

METHOD

Cream butter and sugar. Add beaten egg yolk with 1 teaspoon of cold water, then two tablespoons of hot water. Add dry ingredients. Bake in a greased pie dish about 20 minutes with the oven about 350 deg. When cooked spread raspberry jam on top, then meringue with egg whites. Add two tablespoons of sugar. Beat well and spread on top of raspberry jam. Put back into oven with elements turned off for 5 to 10 minutes. Serve with cream or custard.

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Baked Roly Poly

Raylene Barriball

8 oz flour; 2 tsp baking powder; jam; 4 oz butter; pinch salt.

METHOD

Make into paste, roll out and spread with jam. Roll up. Put into dish and pour over the following syrup:-

1/2 cup sugar; 2 oz butter; 1 1/2 cups water.

Bring to the boil and pour over the pudding. Bake in moderate oven for 1 1/2 hours.

Basic Steamed Pudding

Marjorie Honey

with variations

METHOD

Weigh and measure carefully:-

4 oz butter; 2 eggs; 8 oz self-raising flour; 6 oz sugar; 1/2 tsp vanilla; pinch salt; 1/2 cup milk;

Cream butter and sugar and vanilla until light and fluffy. Add eggs one at a time, beating well after each addition. Carefully fold in the sifted flour and salt alternately with milk. Put this mixture into a greased pudding basin and cover with lid or greased paper. Carefully lower pudding into saucepan of boiling water (making sure the water comes barely half-way up the side of the basin. Place lid on saucepan and steam pudding for a good 60 minutes.

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Coffee and Walnut

In the basic mixture, add 1 tsp coffee essence to the milk and fold in 1/2 cup chopped walnuts. Steam as directed. Serve with thick coffee flavoured custard.

Strawberry

Spoon 3 tbsp strawberry jam into base of greased basin. Top with basic mixture and steam as directed.

Spiced Sultanas

Mix together 1/2 tsp cinnamon, 1/2 tsp nutmeg, and 1 cup sultanas. Fold into pudding mixture after half the flour has been added. Steam as directed. Serve with custard.

Chocolate

Grate and melt 2 oz dark cooking chocolate and fold into cream-ed mixture, or sift 2 tbs cocoa with the flour and add 1 extra dsp milk, or fold in 2 tbs coarsely grated chocolate or small chocolate pieces just before spooning mixture into pudding basin. Steam as directed. Serve with chocolate sauce or custard.

Chocolate Fudge Pudding

Myra Kelly

3/4 cup sugar; 1 tsp baking powder; 2 tbsp cocoa; 1 cup flour; pinch of salt.

METHOD

Mix above altogether. Add 1/2 cup milk, 1 tsp vanilla and 2 tbsp melted butter. Beat till smooth. Pour into a large dish. Mix together 3/4 cup brown sugar and 2 1/2 tbsp cocoa. Sprinkle over above mixture and then pour over 2 1/2 cups of boiling water. Bake at 375 deg. for 50 minutes.

Fruit and Apple Pie

Fay Smith

FILLING

12 oz mixed fruit; 1 dsrtspn lemon juice; 2 medium grated apples; 1 tsp CINNAMON.

METHOD

Line a piedish with short pastry. Fill with mixture and cover with pastry. Press edges together with fork. Brush top lightly with milk and sprinkle with a mixture of cinnamon and castor sugar. Bake for 25-30 minutes at 350 deg.

Fruit Custard Meringue

Betty Walters

METHOD

Half fill a greased piedish with cooked fruit with sugar to taste. Cover with the following custard:-

2 egg yolks beaen; 1/2 cup sugar; 2 tbsp flour.

Mix flour and sugar and gradually add to egg yolks to form a smooth paste. Pour 1 pint of milk over the beaten mixture. Return to saucepan and cook for a few minutes. Spread over fruit, then cover with a meringue made by beating 2 egg whites, one-third cup sugar. Cook in a cool oven till slightly brown. Serve hot or cold.

Fruit Shortcake

June Stych

4oz. butter, 4oz. sugar, 1 egg, 8oz. flour, 1 tsp baking powder. Method: Cream butter and sugar. Add egg then flour and baking powder. Mix to breadcrumb consistency and press half mixture into a pie plate or casserole and fill with stewed apple, peach or mincemeat and add other half of the mixture. Bake in moderate oven for $\frac{1}{2}$ hour.

Golden Marshmallow Pie

Ena Bell

Method: Pie shell, $\frac{1}{2}$ lb round wine biscuits, 1cup coconut, $\frac{1}{2}$ lb melted butter, $\frac{1}{2}$ tin sweet. cond. milk, rind of lemon. Crush biscuits, add other ingredients, mix well and press into tart plate, then fill with the following mixture: 2 dsp gelatine, $\frac{1}{2}$ cup cold water, $\frac{1}{2}$ cup boiling water, 2 egg whites, 2 egg yolks, 1 small cup sugar, $\frac{1}{2}$ tsp vanilla.

Add cold water to gelatine and stir, then add boiling water and let cool, break in egg whites and beat till fluffy, add sugar, beat again till stiff. To this add beaten yolks and essence, pour into shell and leave till set.

Golden Syrup Sponge

Lorna Hewson

1 tbsp butter, $\frac{1}{2}$ cup sugar, 1 egg, 1 cup flour, 1 tsp baking powder, $\frac{1}{2}$ cup milk. Cream butter and sugar, add egg, milk and dry ingredients. Place in dish and pour over following boiled mixture: 2 tbsp sugar, 2 tbsp golden syrup, 1oz. butter, $\frac{3}{4}$ cup boiling water. Bake $\frac{3}{4}$ -hour in a moderate oven.

Half Hour Pudding

Mrs Jean Hull

One-third cup sugar, 1 cup raisins, $\frac{1}{2}$ tsp salt, 1 cup flour, 3 tsp baking powder mix with $\frac{1}{2}$ cup milk. Pour over mixture in dish — 1 $\frac{1}{2}$ cups boiling water, $\frac{1}{2}$ tsp cinnamon, 1 tbsp butter, 1 small cup br. sugar. Bake $\frac{1}{2}$ hour in 350deg. oven.

Half Hour Steamed Pudding

Mary Thomassen

Method: Stand a basin in a pot of boiling water and melt in it: 1 tbsp butter, 1 tbsp golden syrup. Mix together—3 heaped tbsp flour, 2 tbsp sugar, 2 large tsp baking powder, pinch of salt, 1 beaten egg. Blend with cold water until like a pikelet mixture. Pour over butter and golden syrup and steam 30 minutes. Cover saucepan.

Honey Apple Crisp

Betty Walters

1lb. stewing apples, 1 egg, Cornflakes, sugar to taste, 1 tbsp honey, knobs of butter. Cook apples till soft. Beat in egg and honey. Pour into a buttered dish cover with crushed cornflakes and dot with knobs of butter. Cook for 15-20 minutes at 375deg. Serve with ice cream or custard.

Left Over Xmas Cake Dessert

Betty Walters

Steam cake with milk to moisten for 20 minutes. Serve with mashed tinned apricots and ice cream. Delicious!

Nothing Pudding

Royalene Barriball

1½ cups flour, ¼ cup sugar, 1 tsp soda, 1 dsp plum jam, 1 cup mixed fruit, 1 cup boiling water, 1 dps butter. Method: Dissolve soda and butter with boiling water, add all other ingredients and mix well. Put into greased pudding bowl and boil about 2 hours. This mixture can be doubled, boil 3-4 hours.

Olney Pudding

Ena Bell

4oz. butter, 2oz. sugar, 2 tbsp jam, 2 eggs, ½ tsp soda, 4oz. flour, ½ tsp lemon essence. Method: Beat butter and sugar well then add jam and beaten eggs into which you have added soda and flour and lemon juice. Steam 2 hours.

Pineapple Shortcake

Ena Bell

Method: Soak ½ oz. gelatine in ½ cup pineapple juice. Boil 1lb. sugar and ½ cup pineapple juice for exactly 8 minutes, add the gelatine and beat till white and fluffy. Shortcake: ½ lb. butter, 1 egg, 1 tsp baking powder, 3 tbsp sugar, 1lb. flour. 3 tbsp milk. Rub butter into flour then other dry ingredients, mix with the egg beaten in the milk. Roll out to about ¼ inch thickness, spread 1 tin crushed pineapple on top and then spread marshmallow. Moderate oven about ½ hour.

Rainbow Pudding

Kate Raumati

3oz. butter, 1 tsp vanilla essence, 2 eggs, ½ breakfast cup milk, 1 moderate tsp baking powder, pinch of salt, few drops of cochineal, 6oz. flour, 1 tsp cocoa.

Method: Cream butter and sugar and vanilla essence. Beat the eggs and add alternately with the sifted flour and baking powder. Add milk with last of eggs. Divide mixture in 3 equal portions. Leave one plain, add cocoa to the second, and cochineal to the third. Grease basin and drop spoonfuls of different coloured mixtures so the pudding will have a marbled effect when cut. Cover with buttered paper and steam 2 hours. Serve with custard.

Steam cake with milk to moisten for 20 minutes. Serve with mashed

Rhubarb and Apple Crisp

Anne von Sturmer

2 cups peeled apples; 2 cups chopped rhubarb; pinch salt; 1 tbsp flour; 1 cup sugar; 1/2 tsp ginger; 2 eggs.

TOPPING

1/2 cup sugar and 1/2 cup flour mixed together; 3 oz butter; 1 tsp each cinnamon and nutmeg.

Put the chopped fruit in a bowl, add sugar, sifted flour, salt and ginger. Add beaten egg yolks, and fold in stiff whites. Put in casserole or oven-proof dish. Sift together sugar, flour nutmeg, cinnamon and rub in the flour; when crumbly spread over other mixture. Cook in moderate oven for 40 minutes.

Spiced Apple Roll

Heather Robinson

PASTRY

1 breakfast cup flour; 1 1/2 tbsp butter; 1 1/4 tsp baking powder; 1/4 cup milk.

SYRUP

3/4 cup sugar; 1 cup water; 1 tbsp golden syrup.

FILLING

3 apples cinnamon



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METHOD

Rub butter in flour and baking powder and mix to dough with milk. Roll out and cover with filling. Roll up. Cut in slices. Put in dish. Pour over syrup. Bake 1 hour at 350 deg.

Steamed Pudding - easy Maureen Day

1 cup fruit; 1 good tbsp sugar; 1 good tbsp butter; 1 good tbsp golden syrup; 2 tsp essence of almond or vanilla.

METHOD

Into a basin put the cup of fruit (sultanas or any mixed fruit and the other ingredients. Then add 1/2 cup boiling water into which put 1 tsp baking soda. Mix well. Add 1 heaped cup flour and 1 tsp baking powder. Steam for 1 1/2 - 2 hours. This pudding can be prepared earlier in the day.

Steamed Pudding Polly Raumati

1/2 cup sugar; 1 oz melted butter; 1 or 2 eggs; 1 tsp baking powder; 1/2 tsp nutmeg; 1 cup of any dried fruit; 1 cup boiling water; 1 tbsp golden syrup; 1 level tsp b. soda; 1 1/2 - 2 cups flour; few drops lemon essence.

METHOD

Take 2 tbsp sugar from the 1/2 cup of sugar, place in saucepan over heat and leave till golden brown. Add a cup of boiling water, then baking soda. Place in bowl, add rest of sugar, melted butter, and syrup, add 2 eggs and mix in. Add flour, baking powder,

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paper cups & leave to set.

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4 eggs meringue & butter

6 oz sugar, 2 Tabbsp g. syrup

1 egg 12 oz flour

2 Tabbsp cocoa 1 Teasp B. Soda.

1 cup milk 1 Teasp B.P.

Cream B & S add syrup then egg
mix well. Add flour & cocoa
alternately with soda dissolved
in milk. Beat until smooth
add B.P. last.

Bake in 12" round tin or
2 sand wich tins at 350°
about 25 mins for small tins

dried fruit, nutmeg and essence. Steam 1 1/2 hours in basin or cloth. Serves 4 to 6.

Three Quarter Hour Fruit Pudding Lorna Hewson

1 cup milk; 1 dsp butter; 1 good breakfast cup flour; 1 tsp baking soda;
3/4 cup br. sugar; 1 cup sultanas;

METHOD

Bring the milk, brown sugar, butter and sultanas to boil in a saucepan. Take off the element and add the flour and soda. Steam in open basin for 3/4 hour.

Tree Tomato Bavarian Cream

Mary Otter

TOPPING

4 tree tomatoes or more; 4 oz br. sugar; 2 tbsp butter;

METHOD

Peel and halve tree tomatoes. Melt butter, stir in sugar and spread over bottom of 8 inch square or round baking dish. Arrange tree tomatoes on top.

BATTER

2 oz sugar; 6 oz flour; 1 egg; 1 tsp vanilla; 4 oz butter; 2 tsp baking powder; 1/4 tsp salt; 1/2 cup milk.

METHOD

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Cream butter, sugar together, beat in egg and vanilla. Sift dry ingredients fold in to creamed mixture, then milk. Pour batter over fruit. Bake 350 deg for 30 - 45 minutes. Serve, hot with cream or custard.

Bread, Buns, Scones, etc.

Bran Muffins

Ena Bell

2 oz butter; 1/2 cup sugar; 1 egg; 1 cup flour; pinch of salt; 1 tsp soda; 1 cup milk; 2 cups bran; 1/2 cup golden syrup.

METHOD

Mix together the flour, sugar, salt and soda dissolved in milk. Add bran, golden syrup, melted butter and unbeaten egg. Dates, nuts or sultanas may be added if desired. Bake in greased patty tins in moderate oven.

Cheese Puffs

Nancy Bates

3/4 cup flour; 1 egg; 3/4 cup grated cheese; pepper to taste; 1/2 tsp salt; 2 tsp baking powder; 2 tbsp milk.

METHOD

Sift dry ingredients, add cheese and mix to soft consistency with egg beaten in milk. Put into well greased patty tins. Bake in hot oven for 20 minutes. This mixture makes about 1 dozen puffs. Suggested spread: butter mixed with chopped chives.

Date-Nut Loaf

Mary Otter

1/2 lb dates; 2 cups boiling water; 2 cups sugar; 2 eggs; 2 tsp salt; 2 tsp baking soda; 4 oz butter; 4 cups flour; 1 cup chopped nuts.

METHOD

Chop dates, pour boiling water and soda over them and set aside to cool. Cream butter and sugar add beaten eggs. Sift flour and salt,

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and add to mixture, then mix in cooled dates. Stir in nuts. This mixture fills a loaf tin and 2 baking powder tins. Bake 1 hour at 350 deg. - 400 deg.

Easy Date Loaf

Betty Cassidy

1 cup dates; 1 cup sugar; 1 cup boiling water; 1/2 cup chopped walnuts; 1 dsp golden syrup; 1 tbsp butter; 2 cups flour; 1 egg; 1 tsp baking soda; 1 tsp vanilla

Put dates, sugar, syrup, butter and soda in basin. Pour in boiling water. Stir till butter and soda dissolve. Add flour, well beaten egg, vanilla and walnuts. Bake in a loaf tin, for 1 hour at 375 deg.

Fruit Loaf

Kate Raumati

2 oz butter; 1 egg; 1/2 breakfast cup sugar; 2 breakfast cups flour; 1/2 breakfast cup chopped walnuts; 1 breakfast cup fruit; 1 breakfast cup milk; 1 tsp baking powder, heaped; pinch of salt.

METHOD

Sift flour, salt and baking powder. Rub in butter, add sugar, then fruit and nuts. Make into a soft dough with beaten egg and milk. Put into a greased loaf tin. Bake for 1 hour at 425 deg. F.

Good Crisp Batter

Maureen Day

1 cup flour; 1/4 tsp salt; 1/2 tsp baking soda; 1 tsp vinegar.

PAINTER & DECORATOR

Leon Clothier

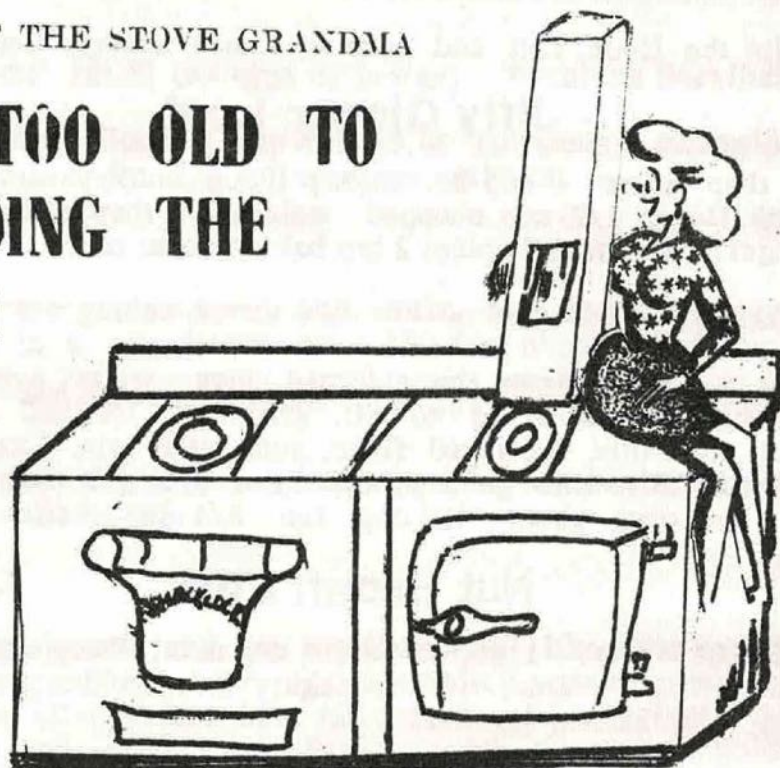
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METHOD

Mix the flour, salt and soda with cold water, then add the vinegar.

Jiffy Ginger Loaf

Nina Crawford

1 tbsp butter; 1 cup br. sugar; 1 cup cold water; 1 cup sultanas; 2 cups flour; 1/2 cup chopped walnuts; 1 tbsp golden syrup; 1 tsp gr. ginger; 1 tsp mixed spice; 2 tsp baking soda; pinch of salt.

METHOD

Place in saucepan the sultanas, sugar, water, syrup, butter, spice and ginger and bring to boil. Simmer 1 minute. Allow mixture to cool, then mix in sifted flour, soda and salt. Lastly add chopped walnuts. Fill into greased and lined loaf tin. Bake in a moderately slow oven about 300 deg. for 3/4 to 1 hour.

Nut Brown Loaf

Janet Goldsmith

1 tbsp butter; 1 dsp cocoa; 1 cup nuts; 1 tsp soda; 2 cups flour; 1 cup boiling water; 1 cup sugar; 1 dsp golden syrup; 1 cup fruit; 1 egg; 1 tsp baking powder.

METHOD

Beat eggs and sugar in a bowl. Soak nuts, fruit and baking soda in boiling water for 5 minutes and do not strain. Melt butter and syrup and add to beaten egg and sugar. Then add fruit etc. and mix well. Add flour, cocoa and baking powder. Bake in greased tin for 1 hour at 350 deg.

Pikelets

Maureen Day

1 tsup butter; 2 eggs; 1 cup milk; 1 tsp custard powder; 2 heaped tbsp sugar; 1 cup flour; 2 tsp baking powder; pinch of salt.

METHOD

Beat the eggs and sugar, then add sifted flour, baking powder,

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custard powder and salt. Mix with approx. 1 cup milk and add 1 tsp melted butter.

Rubber Bun (no eggs or butter) Royalene Barriball

1 cup milk; 2 cups flour; 1 cup raisins or sultanas; 1 cup golden syrup; 1 heaped tsp b. soda; 1/2 cup chopped walnuts.

METHOD

Warm together the golden syrup and milk. Mix in the other ingredients. Bake in a moderate oven 350 deg. about 1 1/4 hours.

Short Pastry

June Stych

2 cups flour; 5 1/2 oz dripping or other fat; 1 1/2 tsp baking powder; 2/3 cup water and milk mixed.

METHOD

Mix flour, baking powder and fat together until like fine bread-crumbs. Can use a pastry blender. Make a hole in centre of crumbs and pour in liquids all together. Mix till soft dough with knife. Roll out fairly thin and cook in 425 deg. oven till firm and golden brown.

This recipe may be used for savoury or sweet pies with equal success.

Walnut Loaf

Bubs McDonald

2 cups flour; 1 cup sugar; 1 cup sultanas; 1 egg; 1/4 cup chopped walnuts; 1 large cup milk (more if needed).

METHOD

Mix all together and bake 1 to 1 1/4 hours at 375 deg.

Wholemeal Bread

1 lb wholemeal flour; 1 tsp sugar; 2 heaped tsp baking powder; 1/2 tsp salt.

METHOD

Mix all together with milk and bake for 1 1/4 hours at 350 deg. Some wholemeal may be replaced with white flour as required.

Biscuits

Amber Biscuits

Ann von Sturmer

1/2 lb butter; 2 cups flour; 2 cups coconut; 4 tbsp boiling water; 2 small cups sugar; 2 cups rolled oats; 3 good tsps b. powder;

METHOD

Mix dry ingredients; melt butter; syrup and add water. Mix into dry ingredients. Place pieces the size of large walnuts on cold tray. Bake 15 minutes in moderate oven.

Banana Peanut Crisps

June Stych

4 oz butter; 3 oz sugar; 3 oz br. sugar; 5 oz self raising flour; 5 tbsp Crunchy peanut butter; pinch salt; 3 oz mashed banana small pinch baking soda.

METHOD

Sift flour, salt and soda twice. Cream butter, sugar till light then beat in peanut butter, then brown sugar. When well mixed, stir in mashed banana then work in sifted flour. Set teaspoonfuls 1 to 2 inches apart on ungreased cold tray and bake fairly near the top of the oven at 375 deg. till risen and lightly browned. Cool for 2 or 3 minutes after taking from oven to allow crisps to firm and flatten before lifting with spatula on to a cake rack to cool.

8 oz flour; 2 oz butter; 4 oz grated cheese; cayenne; mustard; salt and pepper.

METHOD

Rub butter into flour, add grated cheese and seasonings and mix with a little cold water. Roll out very thinly and cut into large shapes. Bake on a cold slide at 350 - 400 deg. for roughly 5 - 10 minutes until lightly brown and crisp.

Cocoa Peanut Butter Drops

June Stych

2 cups sugar; 1/4 cup butter; 2 tsp vanilla; 1/3 cup cocoa or drinking chocolate; 3 cups quick cook oats; 1/2 cup peanut butter; 1/2 cup milk.

Mix sugar and cocoa in electric frypan. Add milk and butter, bring to boil, stirring constantly, then reduce heat to low and boil 2 minutes. Turn heat off and add rolled oats, peanut butter and vanilla. Mix well. Drop on waxed paper in level tablespoonfuls as quickly as possible. Cool thoroughly before storing.

Coconut Delights

Anne von Sturmer

2 oz butter; 1/2 cup sugar; 1 egg; 2 cups coconut; 1 1/2 tbsp flour; 1 tsp baking powder; pinch of salt.

METHOD

Cream butter and sugar and add egg. Add other ingredients. Drop into teaspoonful lots on greased tray, allowing 2 inches space to spread out flat discs. Bake 300 deg. for 15 minutes slowly.

Cornflake Cookies

Maureen Day

1/4 lb butter; 1/2 cup br. sugar; 1/2 cup dates; 1/2 cup walnuts (optional); 1 egg; 1 cup flour; 1/2 tsp baking powder; 1 dsp golden syrup.

Cream butter and sugar, add golden syrup and beat in egg. Then add flour, aking powder, pinch of salt then dates and walnuts. Roll in cornflakes. Bake in moderate oven until golden brown.

Cornflake Crisps

Bev Thorn

4 oz butter; 1 egg; 1 tsp baking powder; cornflakes; 3/4 cup sugar; 1 cup flour; 1 cup sultanas.

METHOD

Cream butter and sugar. Add the well beaten egg, then the flour and sultanas. Roll small teaspoonfuls thickly in cornflakes. Place on greased trays fairly wide apart. Bake 450 deg. for 15-20 minutes.

Crispy Cookies

Ann von Sturmer

8 oz butter; 8 oz sugar; 2 tsps milk; 2 oz coconut; 2 tsp golden syrup; 2 level tsps b. powder; 10 oz flour; 1/2 cup sultanas or dates.

METHOD

Mix in order given. Roll in balls, place on greased slide and press with a fork. Bake in a moderate oven (375 deg.) for 15 minutes.

Easymade Biscuits

Noeline Allcock

4 oz butter; 1 dsp golden syrup; 8 oz flour; 1 cup sultanas; 4 oz sugar; 2 tbsp milk; 1 tsp baking soda; vanilla essence.

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METHOD

Melt butter, sugar, golden syrup, baking soda and milk. Add to mixed flour, fruit and essence. Place in spoonfuls on greased tray and bake at 350 deg. until golden brown - about 10 - 15 minutes.

Fridge Roll

Julie Calvert

3 oz butter; 2 oz br. sugar; 1 tbsp cocoa; 1/2 lb crushed malt biscuits; 6 tbsp condensed milk; 1 cup fruit; 1 tsp vanilla;

METHOD

Mix all together; roll into 2 rolls in coconut. Wrap in grease-proof. Keep in the fridge.

Jessies' Biscuits

Ethne Dally

6 oz butter; 1 cup sugar; 1 egg; pinch salt; 1 1/2 cups flour; 1 tsp baking powder; 2 dsp cocoa.

METHOD

Cream butter and sugar, add egg, then sifted dry ingredients. Roll into balls and press with a fork, put onto a greased tray. Bake at 350 deg for 15 minutes. Put together with raspberry jam. Ice with white icing.

Krispies - makes 3 dozen

Maureen Day

5 oz butter; 1 egg; 1 cup coconut; 2 level tsp baking powder; 1 large cup cornflakes; 1/2 cup sultanas; 1 cup sugar; 1 cup flour;

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pinch of salt.

METHOD

Cream butter and sugar and add egg. Stir in other ingredients and form into balls, flatten and cook 15 minutes.

Orange Drops

Noeline Allcock

4 oz butter; 1 egg; 2 tsp baking powder; 1/4 tsp salt; 1 cup sugar; 4 tbsp orange juice; grated rind of orange; 2 cups flour.

METHOD

Cream butter and sugar, add egg, orange juice and rind. Beat well. Sift flour, salt and baking powder. Stir into orange mixture. Drop in teaspoonfuls on well greased tray. Bake 10 minutes at 375 deg. F.

Peanut Brownies

Maureen Day

1/4 cup butter; 3/4 cup sugar; 1 cup flour; 2 tsp cocoa; 1 egg; 1 tsp baking powder; 1 cup peanuts or coconut.

METHOD

Melt butter. Put all other ingredients in a basin. Make a hole and put in melted butter then beaten egg. Mix well and put in teaspoon lots on cold tray. Moderate oven - 20 minutes.

Raisin Malt Biscuits

Julie Stych

4 oz butter; 1 tbsp malt; 1 tsp vanilla; 1/2 cup sultanas; 3 oz br. sugar; 1 tsp baking soda; 1 cup flour.

METHOD

Bring to boil in large saucepan butter, sugar and malt. Stir in soda and vanilla and add flour and sultanas. Place small teaspoonfuls on greased tray. Cook 5-8 minutes in moderate oven. There burn easily.

Rock Cakes

Ann Motion

1/4 lb butter; 2 eggs; lemon rind; 2 cups sultanas; 2 tsp baking powder; 3/4 cup sugar; 1 dsp golden syrup; 1 good tbsp milk; 2 cups flour.

METHOD

Cream butter and sugar, add eggs and beat well. add golden syrup, milk and lemon rind. Beat, then add flour and baking powder alternately with sultanas. Cook in moderate oven about 15 minutes.

Rolly Polly Biscuits

1/2 lb butter; 8 oz flour; 2 oz cornflour; 4 oz sugar; 1 egg well beaten; vanilla essence.

METHOD

Cream butter and sugar, add beaten egg then flour etc. Roll out 1/4 inch thick and sprinkle with cinnamon and sugar. Roll up into a long roll and slice fairly thinly. Place on oven tray and bake in a moderate oven.

Shortbread ¹/₂

Mary Thomassen

¹/₂ 1/4 lb butter; 1/4 lb icing sugar; ¹/₃ lb flour; 1/4 lb cornflour.

METHOD

Cream butter and icing sugar and add dry ingredients. Form into a roll then cut in slices (or may be rolled lightly and cut in fingers). Prick with fork. Bake in a moderate oven 20 minutes.

Small Cakes

Chocolate Ginger Kisses

Maureen Day

1/2 lb butter; 1 tbsp golden syrup; 3/4 cup sugar; 2 breakfast cups flour; 2 tsps ground ginger; 2 eggs; 1 tsp baking powder; 4 tsps cocoa; pinch salt; 1 tsp baking soda dissolved in 1/4 cup boiling water.

METHOD

Cream butter and sugar, add warmed syrup then well-beaten eggs. Add well sifted dry ingredients and soda dissolved in boiling water. Blend well. Put tsp lots on greased trays and bake in very quick oven for about 15 minutes. When cold put to-

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gether with butter filling and dredge with icing sugar.

Jazz Buns

Lorna Hewson

5 oz butter; 1 egg; 1 tsp baking soda; 1 cup dates; 1 cup walnuts; 1/2 tsp cinnamon; 1 cup sugar; 1 tbsp golden syrup; 2 tbsp boiling water; 1 cup sultanas; 2 cups flour;

METHOD

Cream butter and sugar add egg, then syrup. soda dissolved in boiling water. Fruit etc. then flour and cinnamon. Bake spoonful lots 15 - 20 minutes. in moderate oven.

Nougat Bars

Ann von Sturmer

SHORTCAKE

METHOD

Cream 4 ozs butter ad 4 ozs sugar. Add egg and beat well. 1 tsp baking powder, salt, 6 ozs flour. Mix and roll out. Put flat on oven tray. Cover with jam and the following mixture.

NOUGAT TOPPING

METHOD

Beat together 1 egg and 1 cup sugar plus 1 cup coconut and a good pinch of soda. Spread on the jam. Bake 350 degrees 20 minutes.

John Tyler

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well. Press in swiss roll tin and bake 10 minutes 375 deg.
Ice with peppermint icing, using 1 teaspoon condensed milk instead of butter. When set ice with chocolate icing.

Chocolate Slices

Naomi McDonald

4 ozs butter; 1 dstsp golden syrup; 1/2 tsp vanilla; 1 tsp baking powder; 1 cup flour; 1 cup coconut; 1 ^{dstsp.} cup cocoa; 4 ozs sugar.

METHOD

Cream butter and sugar. Add syrup, vanilla, flour, coconut, cocoa and baking powder.

Bake 1/2 hour in tin in slow oven. Ice while hot with 1 cup icing sugar. 1 tbspcocoa and vanilla. Mix with water. Cut while hot.

Chocolate Slice

Alma Udy

1/4 lb butter; 1 egg; 6 oz flour; 3 tspns cocoa; 1/4 lb sugar; vanilla; 1 tsp b. powder.

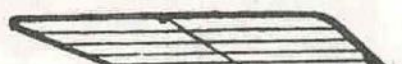
METHOD

Cream butter, sugar and egg. Beat and add vanilla. Add flour, b. p.; cocoa. Spread in swiss roll tin and bake 25 minutes at 350 deg. When cold spread with raspberry or plum jam, and top with following mixture:- 1/4 lb butter; 2 oz sugar; cream together. Dissolve 1 tspn gelatine in 3 tbsps boiling water, and add to butter and sugar. Then add a pinch of cream of tartar. Beat till creamy and like butter. Spread on top of jam then ice with chocolate icing.



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Cake Slices

Caramel Shortcake

Bubs McDonald

SHORTCAKE

3 oz butter; 1 1/2 tbsp sugar; 1 egg; 1 rounded cup flour; 1 tsp baking powder; 1/2 tsp salt.

CARAMEL

2 tbsp butter; 1 tbsp golden syrup; 1/2 tin cons. milk; 3/4 cup brown sugar; 2 egg yolks; 1 1/2 tbsp flour; vanilla.

MERINGUE

2 egg whites stiffly beaten. Then add 4 ozs sugar.

METHOD

Beat caramel part well after slightly warming. Spread caramel on shortcake. Spread meringue on top. Bake in moderate oven 30 minutes. Must brown underneath. Cut while hot.

Chocolate Coconut Slices

Pam Kitson

1 cup flour; 3/4 cup sugar; 2 tbsp cocoa; 1 cup coconut; 4 ozs melted butter; 1 tsp baking powder.

METHOD

Put dry ingredients in basin, pour over melted butter and mix

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Franzie Bars

Heather Robinson

BASE

3oz butter; 2 oz sugar; 1 egg; 1/4 tsp salt; 1/2 tsp vanilla;
6 ozs flour; 1 tsp baking powder;

TOP

2 oz butter; 2 oz sugar; 1 egg; 1 dstsp golden syrup; salt; vanilla;
1/2 tsp instant coffee; 3 ozs flour; 1 tsp b. powder; 1 cup mixed fruit;
1 tbps milk.

METHOD

Mix base mixture. Line swiss roll tin with paper up the sides. Spread base in tin. Smooth over with knife dipped in cold water. Spread thick with raspberry jam. Cover with topping. Bake 30-35 minutes in moderate oven. Ice with lemon icing. Cut in bars when cold.

Fruit Square

Ethne Dally

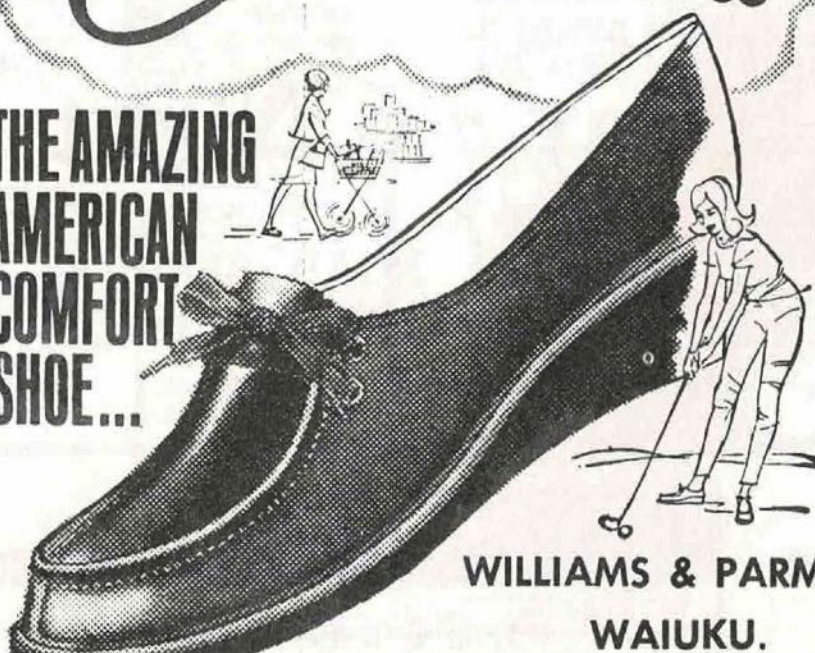
6 ozs butter; 4 oz sugar; 2 dsrtsp golden syrup; 1 1/2 cups sultanas
2 cups flour; 2 tsps baking powder; 1/2 cup walnuts.

METHOD

Cream butter, sugar add golden syrup. Add dry ingredients then fruit. Press into swiss roll tin. Bake in moderate oven 30 minutes. Ice with white or chocolate icing.

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Fudge Cake

Maureen Day

1 lb crushed wine biscuits; 2 tsp cocoa; 1/2 lb butter; 1 cup sugar; 2 eggs;

METHOD

Melt butter and sugar. Add beaten eggs. Heat like honey then add crumbs. Press into swiss roll tin. Leave till next day. Ice with cocoa icing.

Lemon Frosted Coconut Bars

Royalene Barriball

BASE

METHOD

Cream 4 ozs butter and 1/2 cup brown sugar. Add 1 cup flour and mix well. Press into swiss roll tin. Bake 350 degrees 10 minutes.

TOPPING

METHOD

2 eggs, 1 cup brown sugar, 1/4 cup flour; 1 tsp baking powder; 1/2 tsp vanilla; 1 cup coconut; 3/4 cup minced peanuts (optional) almond essence. Beat eggs, vanilla and sugar till frothy. Mix dry ingredients and add coconut and peanuts. Mix well. Spread over base and bake in mod. oven for 20 minutes. Cool.

FROSTING

2 cups icing sugar; 1/4 cup top milk; 2 tsps lemon juice; grated

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METHOD

Heat and stir over slightly simmering water till smooth and shiny. Cool a little and pour over topping.

Lemon Marshmellow Squares

Bev Thorn

1 pkt. tennis biscuits; 4 ozs butter;

METHOD

Crush biscuits, melt butter and put in 8" tin. Put in fridge to set.

TOPPING

3 eggs; juice and rind of one lemon; 1 breakfast cup sugar; 1 tbs gelatine.

METHOD

Beat yolks with half of sugar. Add lemon juice and heat in double boiler until thick. Add gelatine dissolved in a little hot water. Beat whites until stiff. Add half sugar gradually. Combine all and set on top of mixture in fridge.

Marj's Biscuits

June Stych

6 oz butter; 1 dsp golden syrup; 1/2 cup sugar; 1 1/2 cups flour; 1/2 tsp salt; 1 1/2 tsp baking powder; 1 cup sultanas.

METHOD

Melt butter, golden syrup and salt, and pour over the rest of the ingredients. Mix together and press into a flat tin. A sponge roll tin cooked in a medium oven for 20 minutes, makes a chewy biscuit. A baking dish in a hot oven for 20 minutes makes a very crisp biscuit. This can be iced if you wish with lemon, chocolate or almond icing. Dates, or raisins can be used instead of sultanas for a change.

Nutty Fingers

Noeline Allcock

1/4 lb butter; 1 egg; 1/2 tsp baking powder; 1 cup chopped walnuts; 3/4 cup sugar; 1 cup flour; 1 cup chopped dates.

METHOD

Cream butter, sugar add egg. Mix flour and baking powder. Add dates and walnuts. Spread in flat tin and bake 15 minutes at 325 degrees. Cut in fingers and leave till cold.

Peanut Slices

Nina Crawford

5 ozs butter; 1/2 cup sugar; 2 dessertspoons golden syrup.
MELT THESE ALL IN SAUCEPAN.

ADD

1 cup flour; 1 cup rice bubbles; 1 cup peanuts; 1/2 tsp baking powder.

METHOD

PRESS into swiss roll tin. Bake 350 degrees 10-12 minutes. Ice

Russian Squares

Heather Robinson

5 ozs butter; 1 tbsp syrup; 1 cup sultanas; vanilla; 6 ozs sugar; 1 egg; 1 1/2 cup flour; 1 tsp baking powder.

METHOD

Melt butter, sugar, golden syrup. COOL. Add egg, vanilla, flour, sultanas, and baking powder. Bake 375 deg. in swiss tin for 25 minutes. Ice hot with chocolate icing. Cut in squares.

Shortbread Caramels

Naomi McDonald

SHORT PASTRY

1/4 lb butter; 1 egg; 1 1/2 cups flour; 3/4 cup sugar; 1 tbsp cocoa; 1 tbsp golden syrup; and 1/2 tsp baking powder.

METHOD

Press in tin and cook.

Cook until tick 1 tin cons. milk and 1 tbsp sugar, 2 tbsp golden syrup 2 tabs. butter, 2 egg yolks. Spread over short pastry and later ice with chocolate icing.

Spiced Sultanas Squares

Fay Smith

1/4 lb butter, 1 beaten egg, 1 cup flour, 1 tsp. mixed spice, 1/2 teacup sugar, 1 tsp. baking powder, 1 tsp. cinnamon. Method: Cream butter, sugar, add egg. Add dry ingredients sifted. Mix well and roll out thinly. Put in square tin spread with filling and cover with other half.

Barely cover 1/4 lb sultanas with water and add 2 ozs sugar. Boil and thicken with 1/2 tbsp cornflour and juice of 1/2 a lemon. Bake 20 minutes 400 degs. When cool sprinkle with icing sugar and cut into squares.

Tan Fingers

Heather Robinson

6 ozs butter; 10 ozs flour; 1/2 tsp baking powder; 1 tbsp golden syrup; 2 tbsp chopped walnuts; 3 ozs sugar; 1/2 tsp vanilla; 2 ozs butter; (separate quantity); 1/2 tin cond. milk.

METHOD

Cream 6 ozs butter then beat in sugar. Add vanilla, flour baking powder. Work to soft paste. Butter swiss roll tin spread 2/3rds of mixture to make even thin coverage. Chill and leave with rest of paste until filling is made.

In saucepan place 2 ozs butter, golden syrup, and condensed milk and warm until blended. Cool and spread over base. Crumble remaining paste and mix with nuts. Sprinkle over filling in rough pieces, put in oven at 350 degrees and bake until filling

is a milky tan colour and the biscuit is lightly browned.
(35 minutes). Cut into 36 bars while warm and leave in
tray until cold.

Cake Slices Baked in Tins

WALNUT CRUNCH

Ethne Dally

4 ozs butter; 1 egg; 1 cup coconut; 1/2 cup chopped walnuts;
1 cup sugar; 1 cup flour; 1 tsp baking powder; vanilla essence.

METHOD

Cream butter, sugar and egg and beat again. Add walnuts, coconut and vanilla and lastly sifted flour, baking powder and cocoa. Press into swiss roll tin and bake 25-20 minutes in moderate oven. Ice with chocolate icing and sprinkle with walnuts.

Weetbix Fingers

Nancy McInnes

4 oz butter; 3 weetbix; 1 level tsp b. powder; 2 handfuls coconut;
1/2 cup sugar, 1 breakfast cup flour, 1 tbsp cocoa.

METHOD

Melt butter, add sugar mix in crushed weetbix. Add dry ingredients and lastly coconut. This will be dry and crumbly. Press into sponge roll tin and cook 15 minutes at 400 deg. Ice with chocolate and cut while hot. Ice as soon as taken out of oven.

DUTHIES

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Large Cakes

Moist Apple Cake (without eggs) Ann von Sturmer

1 cup moist stewed apples; 1 cup raisins; 1 cup sultanas or dates;
1 cup sugar; 2 cups flour; 1/2 tsp nutmeg; 1/2 tsp baking soda;
2 tsps allspice; 4 ozs butter.

METHOD

Rub butter into sieved dry ingredients. Add sugar, stir in apple plus dried fruit. Lastly add baking soda dissolved in 1/2 tea cup hot water. The mixture should be fairly stiff. Bake in slow oven 300 deg. between 2 and 3 hours.

Apple Shortcake - never fails Anne von Sturmer

4 ozs butter; 1 egg (optional); 1 tsp baking powder; small cup sugar; 1 1/2 cups flour; pinch salt.

METHOD

Roll out and spread with cooked apples. Fold over and bake in moderate oven 400 degrees 15 minutes. Cut into squares when cold. Can be used as a sweet also.

Banana Cake Mary Thomassen.

4 ozs butter; 1 egg; 1 cup brown sugar; 3 mashed bananas; 1 teaspoon b. soda; 1 1/2 cups flour; 1 tsp b. powder; 1 tsp vanilla; 2 tbsp milk.

METHOD

Cream butter, sugar add eggs, mashed bananas, flour, b.p. and vanilla. Then milk and soda. Cook in a moderate oven about 3/4 hour. Ice with lemon or vanilla icing.



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BY BOOKING

Caramel Cake

Beverley Thorn.

1/4 lb butter; 1 tea cup sugar; 1 egg; 1 1/2 cups flour; 1 tsp baking powder; raisins or sultanas; 1 tbsp golden syrup; 1 cup milk; 1 tsp baking soda; pinch salt; 1/2 tsp vanilla; 1 tbsp cocoa.

METHOD

Cream butter, sugar add egg and beat well. Melt in saucepan golden syrup and milk and add baking soda. Add to butter mixture. Sift in flour, salt, baking powder and essence. Pour half mixture into 7" square or ring tin add handful of raisins or sultanas. Into remaining half mixture add cocoa and pour on top of other. Bake 350 deg. for 30 minutes. Ice when cold.

Chocolate Caramel Cake

Ngair McMillen

CAKE

1/4 lb butter; 3/4 cup sugar; 1 1/2 cups flour; 1 teaspoon baking powder; 1 egg; 1 tbsp golden syrup; 1 tbsp cocoa; pinch of salt.

METHOD

Cream butter, sugar, and golden syrup, beat in egg, then add flour baking powder, cocoa and salt, already mixed. Bake 20 minutes at 350 deg.

CARAMEL

2 tbsp golden syrup; 1 tbsp sugar; 1/2 tin condensed milk; 1 tbsp butter.

METHOD

Heat in saucepan, till dissolved, and spread over cake mixture while hot. Ice with chocolate icing when cold.

Coconut Chocolate Cake

Beverley Thorn

1 cup sugar; 1/4 lb butter; 2 beaten eggs; 2 cups flour; 1 tsp essence; 1 large tbsp cocoa; 3 tsp b. powder; 3/4 cup coconut; 1 cup milk; 1/2 tsp salt.

METHOD

Cream butter and sugar. Add eggs. Sift flour, cocoa, baking powder. Add coconut, milk, essence, salt.

Bake at 350 deg. for 40 minutes.

Eggless Chocolate Cake

Nancy McInnes

4 ozs butter; 1 small tsp baking soda; 1 cup milk; 2 tsp golden syrup; pinch salt; 1 1/2 cups flour; 3/4 cup sugar; 1 tsp b. powder; 1 drtsp cocoa.

METHOD

Warm in saucepan, butter, baking soda, milk, golden syrup. Sift in basin, flour, sugar, baking powder, cocoa, salt. Mix together and bake in 7" square tin for 20-30 mins in a moderate oven.

Chocolate Cake

Pam Kitson

2 large cups flour; 1/2 lb melted butter; 1 tbsp cocoa; 4 tsp b. powder; 1 small cp sugar; 8 tbsp milk; 4 eggs.

METHOD

Put all in basin and mix well. Add baking powder last with 1 dessertspoon cold water. Bake 1/2 hour 350 deg.

Christmas Cake (2 eggs)

Lorna Hewson

1/2 lb butter; 2 eggs; 1 drtsp g. syrup; 1 lb flour; peel, cherries nuts if liked; 1/2 tsp vanilla; lemon and almond essence; 1/2 lb sugar; 1 cup milk; 1 drtsp baking soda; 2 lb mixed fruit;

METHOD

Boil milk and pour over syrup and soda and stir. Cream butter and sugar. Add eggs, then flour and fruit. Then milk mixture and essence. Bake 2 1/2 - 3 hours in slow to moderate oven. Keeps well.

Rich Christmas Cake

Pat McDonald

(extra large 10" square deep tin or 12" square shallow tin)
1/2 quantity for 8" tin and 1 1/2 quantity for 15" tin.

4 ozs apricots; 4 ozs dates; 1 lb currants; 8 ozs peel; 4 oz walnuts; 8 tabs sherry, brandy or rum; 1 lb brown sugar; 2 tsps vanilla; 2 tsps glycerine; 2 tbsp plum jam; 4 oz figs; 1 lb sultanas; 1 lb raisins; 4 ozs almonds; 4 ozs cherries; 1 lb butter; 10 eggs; 2 tsps almond essence; 2 drtsp golden syrup; grated rind and juice of 2 lemons; 2 level tsps salt; 20 ozs plain flour; 2 level tsps nutmeg.

METHOD

Prepare fruits chopping it all fine. Add sherry and allow to stand overnight. Next day cream butter, sugar and add eggs one at a time beating between each egg. Add glycerine,

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golden syrup, essences, jam and lemon rind and juice that have been previously slightly warmed. Sift dry ingredients and add half to butter mixture. Cover fruit with other half making sure all fruit is covered. Pour butter mixture over fruit and mix with hand (only way with large quantities although messy). Place in prepared tins as follows:-

One layer brown greased paper at bottom, thin layer rolled oats then another layer greased brown paper topped by grease-proof paper.

About 4 thicknesses greased brown paper round sides and layer greaseproof. Tie two layers greased brown paper around the outside of tin. Put into cold oven on middle shelf and bake at 275 degrees for 4 1/2 hours without opening door. Then turn cake around. At about 6 hours turn to 250 deg. for 15 minutes then test and continue testing until done in about 6 1/2 hours. Take from oven and pour over 4 tabs brandy sherry or rum while hot then wrap in many thicknesses of newspaper and leave cake to cool slowly in tin.

Chocolate Log

Nina Crawford.

3 eggs; 1 tbsp cornflour; 1 tbsp cocoa; 1 tsp baking powder; 3 tbsp sugar; 1 tbsp flour.

METHOD

Beat egg whites until stiff. Add yolks and sugar gradually. Sift cornflour, baking powder and flour three times and add to mixture. Bake in sponge roll tin. Grease the tin well and sprinkle with baking powder. Use paper if liked. Cook in moderate oven 350 deg. for ten minutes. Roll in tea towel quickly.

Fridge Cake

Nina Crawford

MIX TOGETHER

18 marshmallows or 3 marshmallow bars, cut into small bits with wet scissors. 20 crushed malt biscuits. 1 cup mixed dried fruit (preferably including ginger and cherries); 1/2 tin con.milk.

METHOD

Shape into roll. Roll this in coconut and keep in fridge in grease-proof paper.

This is delicious and very nice served with coffee after dinner.

Easy Fruit Cake

Heather Robinson

1 lb sultanas; 1/2 lb butter; 2 cups flour; pinch salt; 2 eggs; 1 tsp baking powder; 1/2 lb sugar; essences rum/vanilla.

METHOD

Cover sultanas with water. Boil 10 minutes, strain then add to other ingredients. Put in 8" square tin and bake 1 1/2 hours in 350 deg. oven.

One Egg Fruit Cake

June Stych

1 lb flour; 1 level tsp b. soda; 1/2 lb sugar; 1 egg; 1/2 lb butter;

1 lb mixed fruit; 2 tsps vinegar; 1 cup milk;

METHOD

Cream butter and sugar. Add eggs, beat. Add vinegar, then soda dissolved in milk. Add sifted flour. Then fruit. Cook 2 hours in moderate oven.

Eggless Ginger Cake

Ena Bell

1/2 lb butter; 2 cups sugar; 4 tbsp golden syrup; 2 tsps cinnamon; pinch salt; 2 cups milk; 4 small tsps b. soda; 4 large cups flour; 4 tsps ground ginger.

METHOD

Melt in saucepan butter, sugar, golden syrup. When cold add milk in which is dissolved baking soda. Add to following mixed in bowl, flour cinnamon, ginger, salt. Mix well and put in large well greased cake tin. Bake 1 1/2 hours. When cool split and fill with mock cream and ice top with lemon icing.

Harvest Cake

Nina Crawford

1 cup sugar; 1/2 cup butter; 1 egg; 1 3/4 cups flour; 1 tsp baking soda; 1/2 tsp gr. cloves; 1 tsp cinnamon; 1 cup raisins; 1 cup chopped walnuts; 1 cup cooked mashed pumpkin; 1/4 tsp salt.

METHOD

Cream butter until soft. Gradually add sugar and cream till fluffy. Add beaten egg. Sift flour with soda, salt and spices. Use a portion of this to coat nuts and raisins. Add pumpkin alternately with flour mixture to butter mixture until blended. Fold in raisins and nuts. Bake in greased and floured 8" square cake tin in a moderate oven 45 minutes. Ice with lemon icing.

Madeira Cake

Heather Robinson

8 ozs butter; 3 eggs; 2 breakfast cups flour; 1/2 cup milk; 1 tsp lemon juice or essence; 1 cup sugar; 2 heaped tsp b. powder.

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METHOD

Cream butter and sugar. Add beaten eggs and then essence and sifted flour and baking powder. Mix to good consistency with milk. Bake 45-50 minutes in a moderate oven and cover with lemon icing when cold.

Cream Sponge

Nancy Bates

1 cup sugar; 2 eggs 1 cup cream; 1 heaped cup flour; 2 small tsps b. powder; flavouring as desired.

METHOD

Beat 1 cup sugar and eggs. Add 1 cup cream and beat. Add flour and baking powder. Add flavouring. Bake 15 minutes in 350 deg. oven.

Eggless Brown Sponge

Anne von Sturmer

$\frac{3}{4}$ cup sugar; 1 tsp baking soda; 1 $\frac{1}{2}$ cups flour; 2 tbsp golden syrup; 3 ozs butter; 1 cup milk; 2 tbsp cocoa; 1 heaped tsp b. powder.

METHOD

Melt butter, sugar, syrup and $\frac{1}{2}$ milk. Leave until cool. Add other ingredients and soda dissolved in remaining milk. Bake in moderate oven 375 deg. approx. 30 minutes.

Orange Cake

Ena Bell

6 oz butter; 6 ozs sugar; 3 eggs; 8 ozs flour; 1 tsp baking powder; grated rind and juice of 1 orange.

METHOD

Cream butter and sugar. Add eggs well beaten and grated rind. Then flour sifted with baking powder. Lastly one tbsp orange juice. Put in baking dish lined with grease proof paper and bake moderate oven about $\frac{1}{2}$ hr. When nearly cold ice with orange icing made from rest of juice and rind plus icing sugar.

Pavlova

Nancy McInnes

METHOD

Beat 4 egg whites until stiff, gradually beat in 1 cup of castor sugar, 1 large tspn of cornflour and vanilla to taste. Lastly add 1 teaspoon of vinegar. Pile mixture onto lightly greased grease-proof paper and bake in a slow oven (about 250 deg.) for 1-1 $\frac{1}{2}$ hours.

One Egg :Pavlova

Betty Cassidy

Place in bowl together:

1 egg white; $\frac{3}{4}$ cup sugar; 1 tsp vanilla; 1 tsp vinegar; 2 tbsp boiling water.

Stand in hot water and beat till stiff. Put in oven at 400 deg. and turn off. Leave till set (approx 1 hour) Cook on greased paper on greased slide.

Coconut Sponge

Nancy Bates

2 eggs; 1 teacup sugar; 1 breakfast cup flour; 3 tbsp coconut; 3 ozs butter; 2 tspns b. powder; 2 tbsp milk; few drops lemon essence; 2 tbsp boiling water.

METHOD

Beat eggs and sugar; Add flour, coconut, milk and essence. Melt butter and add boiling water. Beat all together well. Lastly add baking powder. Cook in moderate oven 350 deg. for 15 to 20 minutes.

Chocolate Sponge

Roylene Barriball

3 eggs; 1/2 cup sugar; 1/2 cup cornflour; 1/2 tsp baking soda; 1 tsp flour; 1 drtsp cocoa; 1 tbsp golden syrup; 1/2 tsp cream tartar.

METHOD

Beat egg whites until thick. Add yolks and sugar. Beat again. Add golden syrup, and beat once again. Sift in dry ingredients. Bake at 375 deg. 15 minutes.

Wholemeal Orange Cake

Nancy Bates

1 cup wholemeal; 1/4 lb butter; 1 tsp b. powder; grated rind and juice of orange; 1 cup brown sugar; 2 eggs; 1/4 cup coconut;

METHOD

Cream butter and sugar. Addbeaten eggs then wholemeal, baking powder and coconut. Lastly orange juice and rind. Bake 3/4 hour in mod. oven.

Candies

Chocolate

Naomi McDonald

Melt 6 tablespoonfuls kremelta.

Add to: 2 tablespoons cocoa; 5 tbsp icing sugar; 7 heaped table-spoons full cream powder.

Chocolate Fudge

Heather Robinson

Boil: 2 cups sugar; 1 tbsp cocoa; 1 oz butter; 1/2 cup milk. Boil 10 minutes without stirring. Remove from stove. Add vanilla. Add nuts if liked. Beat till thick.

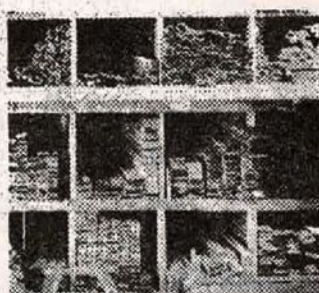
Coconut Ice

Ena Bell

3 cups sugar; 2 cups coconut; 1 cup milk; butter size of walnut.

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White Christmas Cake

Heather Robinson

8 ozs kremelta; 2 cups rice bubbles; 1 cup mixed fruit; 1 cup coconut; 1 cup icing sugar; 1 cup skimmed milk powder; vanilla to taste.

Place dry ingredients in basin with vanilla and mix. Melt kremelta just luke warm. Pour on rest and mix well. Press into tin. Store in fridge. Cut in pieces.

Jams

Marmalade

Ethne Dally

3 grapefruit; 1 lemon; 1 sweet orange; 1 large carrot or 2 med ones grated.

Cut up and leave in pan with 11 breakfast cups of water overnight. Next morning bring to boil and cook 40 minutes, then add 6 lb of white sugar and boil 40 minutes, after it has come to boil. Warm jars and seal. Store in cool place.

Marmalade

Royalene Barriball

3 lemons; 3 grapefruit; mince fruit add 12 cups water and 12 cups sugar. Boil until set about 1 hour.

Apricot and Pineapple Jam

Heather Robinson

4 apricots; 3 lb sugar; 1 14 oz tin crushed pineapple. juice of 1 lemon; 3 pints of water.

Soak apricots in water overnight. Next day simmer until soft. Add pineapple, lemon juice and sugar. Cook 30 minutes. Cool a little before putting in jars. Makes 10 lbs of jam.



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boil and stir well. Cool slightly and add beaten eggs. Continue cooking in double boiler stirring and not allowing to boil until curd coats back of a spoon. Pour into hot jars and seal.

Lemon Honey

Ann von Sturmer

8 ozs sugar; 2 eggs; 4 ozs butter; 2 lemons.

Beat sugar and butter in a basin. Add the strained lemon juice, grated rind and eggs. Stand in a saucepan of boiling water and gently stir occasionally until thick. Pour into sterilized jars.

Pickles, Dressings, Sauces, etc.

Beetroot Pickle

Lorna Hewson

2 lb beetroot; 1 1/2 lb onions; 1 lb sugar; 3 1/2 cups vinegar; 1 tbsp common salt; 1 tsp gr. all spice; 1/2 tsp cayenne pepper.

PEEL BEETROOT AND ONIONS AND MINCE. Boil all 1/2 hour. Thicken with 2 tbs cornflour mixed with 1/4 cup vinegar. Boil another 5 minutes. Bottle and seal.

Cauliflower Pickle

Noeline Allcock

Cut up finely 1 large cauliflower and 4 large onions. Sprinkle with salt and leave overnight. Strain. Boil 20 minutes and 1 quart vinegar.

THICKENING

1/2 cup flour. 1 1/2 cups golden syrup; 1/2 tbsp curry powder; 1/2 tbsp tumeric. 2 dessertspoons, mustard mixed with one pint vinegar. Heat till thick then stir in other ingredients. Boil all 5 - 6 minutes and bottle when cool.

Cucumber Pickle

Ethne Dally

12 cucumbers (apple); 3 lbs onions; 2 lbs sugar; 1 quart vinegar (minus 1 cup for thickening); 1 cup sultanas.

Peel and cut cucumbers and onions. Sprinkle handful of salt over and leave overnight. Strain off liquid next morning and bring to boil with other ingredients for 20 minutes. Leave out one cup of vinegar; 1 cup flour; 1 tbsp curry powder; and 1 tbsp mustard. Mix with vinegar. Add to other and boil. 20 minutes slowly.

Home Made Preserved Spaghetti

Noeline Allcock

10 lb tomatoes, 1/2 lb butter, 1/2 tsp. pepper, 1 pkt. spaghetti, 1 1/2 lbs onions, 1/4 lb sugar, 3 dessertspoons salt. Method: Boil all but spaghetti until soft. Strain well through collander. Boil spaghetti as per directions. Strain and add to tomato mixture. Boil a few more minutes. Bottle and seal.

Pickled Onions

Peel onions, wipe with clean dry cloth; Pack in jars. Put 1 teaspoon sugar and 1 teaspoon salt in each bottle. Pour sufficient boiling vinegar in jars and seal immediately.

Soak apricots in water overnight. Next day simmer until soft. Add pineapple, lemon juice and sugar. Cook 30 minutes. Cool a little before putting in jars. Makes 10 lbs of jam.

Chinese Gooseberry Jam Heather Robinson

Scoop out pulp. Cover pulp with water and cook until soft. Add 3/4 lb sugar to each lb. plus juice of 1 lemon. Boil until sets on plate.

Melon and Dried Apricot Jam Ena Bell

5 lbs melon; 1 lb dried apricots; 2 1/2 lb sugar; 3 1/2 lbs sugar (2 lots).

Cut melon into small pieces cover with 2 1/2 lbs sugar and stand overnight. Cut apricots into small pieces cover and stand overnight. Next day place melon on to boil and when boiling hard strain water off apricots and add to melon. Add rest of sugar. Boil all together for 2 hours or till set.

Plum Jam with Raspberry Anne von Sturmer

4 lbs plums; 1 pint water; 4 lbs sugar; 1, 16 oz tin raspberry jam.

Sprinkle 2 lbs sugar over plums and leave all night. Bring water and fruit to boil and add rest of sugar. Boil rapidly until a little jam will set in a cold saucer. 5 minutes before removing from the stove add raspberry jam. Pour into warm dry jars and cover.

Rhubarb and Pineapple Jam Noeline Allcock.

3 lbs sugar; 1 large tin pineapple; 4 lbs rhubarb.

Cut up rhubarb and pineapple. Add sugar and leave over night. Put on to boil till well set. Just before bottling add pineapple juice to give a lovely pink colour. Bottle usual way.

Strawberry Jam Royalene Barriball

4 lb strawberries; 6 lbs sugar; 1 dessertspoon tartaric acid. Squash fruit; add sugar, boil. Cook 7 minutes. Add acid boil 8 - 10 minutes.

Tree Tomato Jam Anne von Sturmer

4 lbs tree-tomatoes; 1 lb green apples; 2 cups water; 3 lbs sugar; 1 lemon; 1 pkt raspberry jelly.

Scald the tree-tomatoes, peel and cut into pieces. Peel and chop apples, add water and sugar. Bring to boil for 1 hour until it sets. Add lemon juice and jelly crystals 5 minutes before removing and putting in sterile jam jars.

Grapefruit Curd June Styck

2 large juicy grapefruit; 2 large fresh eggs; 8 ozs castor sugar; 4 ozs butter.

Grate rind of grapefruit. Squeeze out all of juice. Put butter and sugar into top of double saucepan and stir gently over boiling water until sugar has melted. Add rind and juice. Bring to

Plum Sauce

Ethne Dally

6 lbs plums; 3 lbs brown sugar; 1 oz allspice; 1 oz cloves; 6 dessertspns salt; 3 pints vinegar; 1 tsp cayenne pepper; 6 onions. All spice and cloves go into a muslin bag. Boil very slowly for 3 hours. Bottle and cork.

Spaghetti and Tomatoes

June Stych

12 lb tomatoes; 2 lbs onions; 1 pkt Vermicelli; 2 cups brown sugar; 3 dessertspns salt (not iodised); 1 tsp cayenne pepper; 1 cup vinegar.

Bring to boil all but vermicellit till mash and put through mouli seive. Drop vermicelli into pot of boiling salted water and cook till tender. Strain and add to tomato. Bring to boil and bottle.

Tomato Pickle

Ethne Dally

14 lb green tomatoes; 8 large onions; 3 bottles vinegar; (pint); 2 lbs brown sugar; 1/2 oz mustard; 1 tbsp tumeric; 1 oz each of allspice cloves, pepper; 1 cup flour; salt.

Slice tomatoes and onions sprinkle with salt and leave overnight. Pour off liquid and add sugar and vinegar. Add spices. Boil until tender and thicken with 1 cup of flour and 1 tablespoon tumeric. Boil another 15 minutes.

Tomato Relish

Ena Bell

6 lbs ripe tomatoes; 2 lbs onions; 2 tbsp mustard; 1 tbsp curry; enough vinegar to cover; 2 lbs sugar; 1 tbsp flour; 16 chillies.

Cut tomatoes and onions and sprinkle with 2 handfuls of salt. Stand all night. Drain through collander and put in preserving pan, and cover with vinegar and boil for 1/2 hour then add mustard blended with a little vinegar and other ingredients and boil another 1 1/2 hours mix flour and vinegar add and boil another 20 minutes.

Tomato Sauce

Anne von Sturmer

12 1/2 lbs tomatoes; 3 unions; 1/2 oz ground ginger; 1/2 oz white pepper; 2 lbs sugar; 6 ozs salt; 1/2 lb cayenne pepper.

Cut up the onions and tomatoes. Boil all these ingredients for 1 1/2 hours. 5 minutes before cooked add the following mixture collected from the chemist:

15 minims of oil of cloves; 15 minims of oil of pimento; 6 drams of glacial acetic acid; 1 dram of salicylic acid.

Rub it all through a strainer. Repeat and cook a few minutes before bottling in sterile bottles with tight fitting corks.

Salad Dressing

Betty Walters

2 boiled egg yolks; 4 tsps sugar; little mustard; pinch of salt.

Mix together, add tablespoon of vinegar. Mix then blend in sour cream. Makes about a cup of dressing.

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